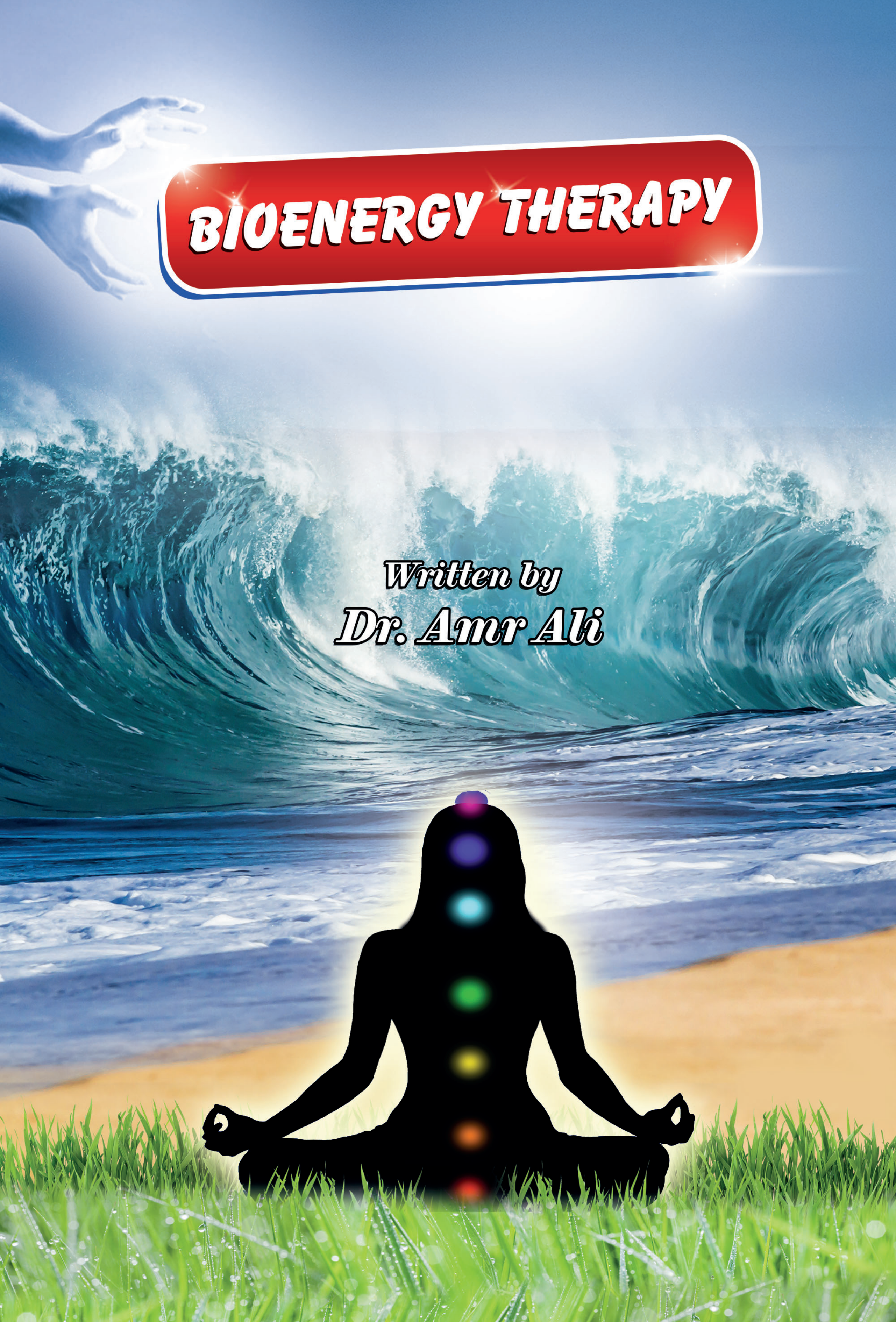

BIOENERGY THERAPY
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Introduction

In the name of of Allah

The Merciful Praise be to God, Lord of the worlds, and prayers and peace be upon the most honorable messengers, our master Muhammad, his family and companions, and peace be upon them all,,

This is a comprehensive book on bioenergy sciences with easy and brief phrases for each member of society, suitable for young, old, specialist and novice, so that everyone can benefit from it.

I collected 7 different techniques that any person must know, regardless of his field of education or field of work.

Its toxicity: 7 bioenergetic healing techniques, and I ask God that this work is acceptable and beneficial to the rest of humanity.

Meditation

Some of us talk about meditation and that it is very important for spiritual growth as it is the gateway to the realm of spiritual sciences, but have you ever tried to meditate? If your answer is no; You need to know meditation, its benefits, and finally how to do it in a simple and correct way. Definition of meditation: Meditation in language: Autism in thought is said to have contemplated so-and-so, i.e., I directed my mind towards it. Meditation idiomatically: it is the scrutiny of looking at objects for the purpose of memorization and memorization Contemplation of the limit: a complete cessation of the restless waves of thinking.

**Graphic meditation: the main gateway to the cosmic energy around us.

** Meditation in the Islamic concept: -

﴿ الَّذِينَ يَذْكُرُونَ اللَّهَ قِيَامًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِي خَلْقِ السَّمَاوَاتِ وَالْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَٰذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ ﴾ ..[Surat Al-Imran: 191])

** Sunnah: (Thinking an hour is better than worshiping Sunnah).

** Meditation is the worship of the wise: Many prophets and wise men throughout history used to devote days and times to worship,

contemplation and individuality for themselves, so what is the secret of self-isolation and its importance? The best evidence for this is the saying of God Almighty

** The meaning of the worship of reflection is meditation, contemplation, consideration and innovation. It was said that it is an act of worship practiced with the heart and shared by the eye

Unfortunately, it is a cult that has ceased to exist and very few practice it. And the prophets did it, and the Prophet persevered with it, and the life of the Prophet immediately before the mission was a life of contemplation and worship of God. Mrs. Aisha said to (Loving Him), meaning the worship of contemplation and contemplation of God's creatures, and the worship of Abraham was: God also said: (Likewise, we see Abraham the kingdom of the heavens and the earth.) Encouraging the worship of reflection: He said: (Give your eyes their share of worship) and they said: Oh Messenger of God, and how much it has enjoyed from worship.

** Bishr Al Hafi said: (If people thought about the greatness of God Almighty, they would not disobey him).

**Umar bin Abdulaziz said: (Meditation on the graces of God is the best worship). Abu Al-Hassan said: (Thinking for an hour is better than praying for a night.)

** Yusef bin Asbat said: (The world was not created for him to look at, but rather for him to look at the Hereafter.)

The righteous have been keen to reflect while praising God and praising Him, or arrogating Him, or uniting Him, because remembrance and thought deepen the knowledge of God in the heart Because dhikr is the repetition of the formula for the firmness of meaning, and thought is the depth and focus to reach the knowledge of God. I invite the dear reader to take the initiative and set aside times when he is free from the noise of the city, away from any devices that disturb his thinking, and away from anyone, no matter how close he is to him. Contemplation and meditation have many benefits for the mind and the soul. Think about

yourself and what you did and what will you do for the future? It is an opportunity to correct the course of your life if you are on the wrong path It is an opportunity to contemplate and contemplate the kingdom of God, so that your faith increases in greater faith after we immersed. ourselves in the materialities. This is an opportunity to elevate the spirit !away from the confusion of the electronic virtual world

At the beginning of my book I chose selections that call for reflection and contemplation, and we desperately need to think, not to think about us, and we desperately need to meditate, not to meditate on us in a fast life in which there is no room for rest with the soul, so from time to time stop and give your soul a chance, the soul needs a break A spiritual one in which we liquidate the defects of the materialities that dominated our lives and have become like machines ... Or as robots! In a fast virtual world the mind rules and obliterates the soul.

Meditation benefits:

➫Helps to heal all psychological, organic and spiritual ailments.

➫It helps to get rid of bad habits in a natural way.

➫It helps to make the mind in a state of peace and prosperity permanently.

➫It strengthens and stimulates memory and eliminates Alzheimer's.

.➫It helps you accomplish your business with high energy and vitality

It reduces the number of hours of your day

➫Helps improve your personal relationship with others.

➫It helps you out of trouble. Teach you wisdom Bring you closer to God.

➫Enhances your ability to think. Meditation Duration: Many people wonder about the ideal period of meditation, and are there certain rules for everyone? In fact, every person should meditate for a number of minutes equivalent to the number of years of his life. If you are twenty years old, you should meditate twenty minutes a day, and if you are forty; You must meditate throughout the day in proportion to :your daily work, with full regularity on his daily performance. Stages of meditation

When you enter meditation, you go through three stages to reach the height of meditation, which are the activation of the inner spiritual senses.

** **First Limit**: When the mind begins to clarity while continuing with normal breathing.

** **The second term**: When the mind becomes clearer, a huge cosmic energy begins to flow to the body.

**** The third limit**: When a sufficient amount of cosmic energy enters the physical body, a reasonable amount is produced to activate the internal senses.

How to perform it:

This is the most important part of the topic, which is how to properly perform meditation that brings you to the maximum degree of stopping thinking while completely resting. There are a number of types of meditation, but they do engage ,in meditative matters to enter into any kind, namely: Three

Correct breathing (which is the entry of the inhaled air into the abdominal cavity and the slow exhalation) and then you leave the self-control to go through your body as you wish and begin to observe this breath calmly to reach the alpha state that is directly before bed and here you are ready to do any of the four types of meditations: -

Contemplate the light:

It is to imagine yourself empty or completely empty from the inside and imagine that a bright white light descends softly from the top over your head and then penetrates all over your body from the inside with the inhale until it reaches the tips

of your feet with the exhalation and after the light penetrates inside you, imagine that you have become a bright light energy that radiates and after So, imagine this light appeared on your body from the outside until you began to see yourself as a bright aura while you were a poet in yourself of the utmost warmth, reassurance, happiness and love, and you would feel the full and endless ecstasy

Inside you then exhale slightly elongated.

Meditation of the male:

There are seven energy centers in the human body, and each center has one of the Most Beautiful Names of God. Whoever repeats them even once a day, these names help him to organize the energy in the whole body, namely: - High in Glory and

**Honor (the top of the head).

** Raheem (between the eyebrows).

**strong (throat).

** Creator (heart).

**Al-Razzaq (the navel area).

**Neighborhood (below the navel).

** singer (lower spine).

Twin hearts meditation:

What is meant by the twin hearts is to thank the crown and thank the heart, and the meditator must activate both of them separately before and after the start. These two “chakras” become pathways for spiritual energy, and for this they become effective and ready for treatment and send healing and peace energies to the Earth.

Meditation observing the breathing process:

One of the most powerful meditations is when you combine all of your thinking to focus on the deep inhalation and exhalation, and miracles happen.

Tips:

**It helps to wear loose and comfortable clothing when you are practicing meditation.

** Sit in a warm and quiet place.

** It is helpful to drink some water before performing the meditation, leaving a space of time about an hour after eating may be helpful.

** It is helpful to darken the place where you are performing the meditation to avoid distractions.

** Take off your glasses if you use glasses.

** Take off your watch and any accessories.

** There is no doubt that practicing nature and meditating in ancient or natural spiritual places such as the foothills, seashore and rivers is among the best meditations ever. Doing meditation with a group is more powerful than solitary meditation.

**Hierarchical meditation, whether inside or under the pyramid, yields three times .more powerful results than normal meditation

Your success guide

Of course, a person raises questions about his success in meditation and that he is walking properly, or that he has strayed from the road and that he failed in meditation, so I will mention to you the indications and implications that you find when you enter into meditation correctly: -

**Feeling the lightness of the physical body as if it did not exist.

** Feeling heavy in the head or any other part of the body. Seeing colors You may see multiple colors or one color.

** All may smell different experiences and there is no wrong and correct experience. Maybe you cry and maybe you are happy.

**Feeling dizzy on the inside, headache or cramping.

** Feeling like you are floating in the air or flying like a bird

Bioenergetic Therapy Technology Definition

of the word energy

In the Arabic language and in physics: the term energy means the ability or the extent of ability or effecting a change that may be visible and invisible in Sanskrit such as India and Tibet called "Barana" And in East Asia, in India, it was called Prana, and in China it was called Chi, and in Japan it was Ki, and in the West, Life Energy, and in the Hawaiian civilization Mana, and in ancient Egypt it was called (Ka). Pranic Healing was founded by the modern Grand Master Cho Kok Sui in 1987, who was born in 1952 and died in 2007 . Pranic Healing depends on the method of treatment without Touch, and as for Reiki, the 'bioenergetic touch therapy' was founded by the Japanese Dr. Mikao Usui in 1922, who was born in 1865 and died 1926, and Reiki: It is a Japanese science that existed more than four thousand years ago, and spread again about a hundred years ago. It consists of two Japanese words. : Ri Ri “means universal cosmic energy“ Ki Ki ”which means energy, pulse and vibrations in everything that is alive, and it is a type of complementary treatment that works to relieve tension and relaxation, speeds up the healing of diseases, relieves feelings of mental and physical pain and strengthens the body’s immunity Adaptation, acceptance and harmony between body, soul and spirit also strengthens the five senses and the sixth sense, and the possibility of exchanging feelings and risks with others and treatment by touch, and reaching a state of stillness and lightness, and upon reaching the energy balance in the body Man reaches moderation in all his affairs, and energy healing brings a person to the stage of mental clarity and deep reverence.



Bioenergy:-

It is the energy that fills existence and provides our bodies with the strength and vitality necessary for life, so a person needs energy to perform his basic functions of life, and this energy is its first source is the food and oxygen that we inhale and necessary for the work of every part and organ of the parts and organs of the body. Energy was named in Europe "mana" or "narrated" or "numa", and the energy is internal and external; the inner energy is in remembrances, worship, meditations and exercises, and the external energy is represented in food, drink and

-:Al-Baqarah: 249] Allah says : Allah says (... قالو لا طاقة لنا اليوم بجالوت وجنوده...)

(...ربنا ولا تحملنا مالا طاقة لنا به واعف عنا واغفر لنا وارحمنا ...)سورة البقرة

The main sources of bioenergy

1- The sun.

2- Earth.

3- Air.

Physicists were preoccupied with all kinds of energies in the universe, starting with mechanical energy, which followed the boom that led to the invention of airplanes and cars, then chemical energy, and after the discovery of magnets and its influence, electromagnetic energy was discovered, then after the invention of electricity, atomic energy was found, then after the development of science, research began inside the nucleus and they discovered energy The nuclear energies that led scientists to the existence of many types of unknown energies affect our lives, and research is still underway to explore these types of energies.

All these researches in all sciences since their inception try to answer three important questions (Where did we come from - why are we here - where we will .go)

The scientist Einstein says there is absolutely no material thing, and science has proven that energy and matter are two sides of the same coin.

Einstein presented the equation of matter and energy, which dictates the possibility of material turning into energy and vice versa according to a cosmic law:

energy = matter in the square of the speed of light So the difference between energy and matter is speed in general, and from it we can conclude that the body is the one that weighs the soul so speed and that the spirit carries the body with evidence that with the soul’s departure at death the body falls and the body returns to dust, and the soul ascends by actions to God.

She was the opposite of that we ask God for safety. Concepts about energy:

. ■ Energy is electromagnetic waves of different wavelengths

**Energy is a very old and very recent topic. Nothing but energy. The beginning of vital energy is present in all our lives; Because it is the basis of life, God created for us a physical body, which is the apparent body that is dealt with daily throughout our life. Energy forms the body, so if the energy body is affected by a negative energy, such as: the energy of anger, then this appears directly on the physical body and appears clearly on the face exactly as the TV has electricity in order to see the broadcast.

** An oscillating frequency of a wavelength carrying a specific characteristic.

**Energy is not a philosophy; Energy is the study of physicists, the most famous of whom is Einstein, who is one of the smartest people on the face of the planet; He said (There is absolutely no material thing), and he also said (Matter and energy are two sides of the same coin, energy is the reward of matter) and imagination is (the pre-display of reality)

Finally, Einstein presented the famous equation that we all studied in school [energy = matter x square of the speed of light] in 1905, E = mc ^ 2 was introduced; where E is energy, m is mass, and c is the speed of light in a vacuum

** The entire universe is built on the atom. Anything from a chemical compound of elements.

** The difference between energy and matter, such as the difference between the observer and the unseen, or between matter and spirit.

So the difference between energy and matter is speed in general, and from it we can conclude that the body is the one that weighs the soul, so speed. And that the soul carries the body. Evidence that, by the exit of the soul at death, the body falls, the body returns to dust, and the soul ascends by works to God. If it is obedient, then .congratulations to you. If it is the opposite, we ask God for safety

**The human being is made up of a physical and intangible part. The physical is the visible human body, and the intangible one; And any emotion inside a person is the result of two things.

They are: human thoughts and feelings (thoughts + feelings = behavior) (behavior according to laws = achieving goals and happiness)

** Anti-law behavior = disaster.

** Energy is the hidden driving force of everything.

** Energy thermal emission and there is a device called thermal viewer to measure energy. **The human being is not a physical body that only occupies a space of emptiness.

** The energy aura is a protective covering against disease.

** A person without power is like a phone without charging his energy.

**The aura is a disease protective covering that carries information.

** Aura was measured by Sermalfior and Krillian

.** Energy or imagination is the precursor to matter or reality

**Imagination becomes reality if you keep thinking about it. For example, tell yourself that I am sick a hundred times for a week every day and see what will happen ... You will get sick without a doubt.

** the body inflicts the mind.

** Change your thinking about changing your body.

Types of energies:

** positive energy and negative energy

** Energy is neither destroyed nor created.

** Energy cannot be destroyed.

** Energy is transformed from one image to another.

. ** Man is a connected part of this universe

**The process of charging energy in the body is a possible process and has special exercises that vary from one art to another.

** Humans emit energy from the inside out, meaning that it affects others and things.

** The human being receives energy from the outside in. That is, he is affected by others and things.

** Energy is either negative or positive.

** Energy is affected by an idea.

** Energy does not have a specific property, as it is without form and without dimensions.

** The energy density varies with the distance from its source.

** Energy is a neutral science in which all creatures are equal and have no religion

.** Energy does not need a medium to transfer, as it travels in a vacuum

**Energy frequency and wavelength varies from one body to another.

** A person can sense and sense energy, through some exercises.

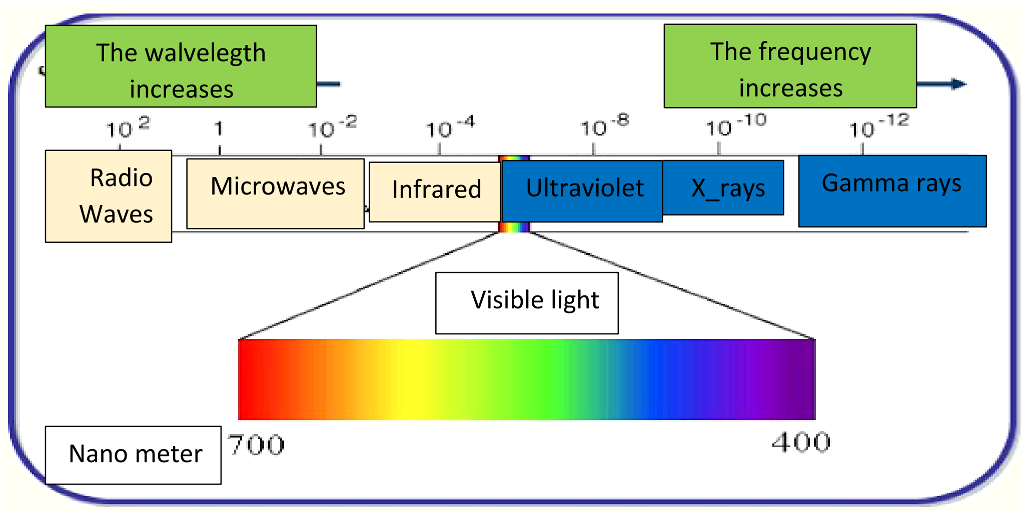
** Rays are what enters the human body. They indicate its potential, goals, and desires.

** The aura is what comes out of the human body.

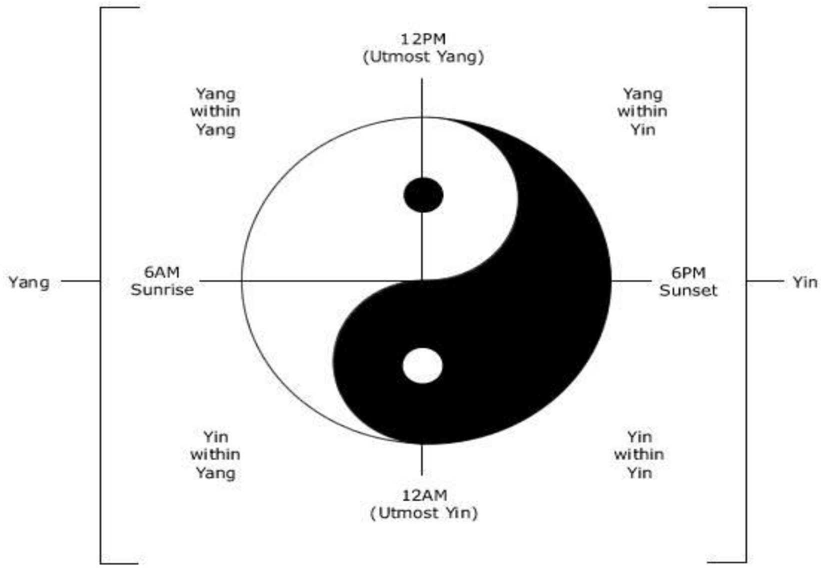
It illustrates his past and present experiences, and shows his emotions, feelings and emotions. Later scholars came to the conclusion that the origin of all tangible materials is energy from which all kinds of substances are formed in life, so the famous rule spread (energy does not perish or is created from nothing, but is formed from one state to another). As what happens only is a change in the energy state from one state to another, and new matter is created. Here the conversation began that the entire universe is swimming in a tremendous energy field, which they called :universal energy or cosmic energy, meaning cosmic energy

It is all the vibrational waves of all kinds and shapes in the universe

And their lengths of different frequencies. According to Newton's laws: Energy is neither destroyed nor created from scratch, but rather it is formed from one state to another. And we use many energy waves in our life, we can only see a very narrow range of these waves as the following figure shows



The whole universe is full of visible and invisible energies. And some of which science has been able to measure with modern measures, and some of which science has so far tried to measure and researches are conducted on it daily. But it was not denied due to the ability of scientists to observe its effects and results even if they could not measure them yet, and scientists were able to measure a very important type of these vital vibrations, which was recently called bioresonance; Where they were able to identify most types of diseases and their vibrational frequencies, which can be detected through the energy that comes out of the hand or ear or recorded in the brain, and these research will lead the modern medical boom in the next few years, God Almighty willing. Cosmic energy: It is divided into two types: yin and yang (yin-yang) yin - static energy - yang - moving energy - symbolized by this common symbol as it isShown in the picture



It is from these two energies that everything in the universe is finite. There must be harmony between yin and yang, and if this harmony is disturbed, the imbalance appears in the physical world, and diseases begin in the body. According to it, any change in the world of matter must be preceded by a change in this energy field. How does energy travel in the body: Yang's energy travels from top to bottom, and from the front to the abdomen, that is, from north to south. Yen energy travels from .bottom to top, and back on the back, meaning from south to north

By gathering different energies in their physical forms of water, air and food; The physical human body is taking shape. These energies gather on the axis of the body, which is called the pillar of light. The brain sends nerve impulses and orders for hormonal secretions to various parts of the body continuously and regularly through the spinal cord.

Component of all neural networks. As this information flows in the form of a shot from the brain down through the spine, another invisible energy column forms, called the light column. It is upon which the entire energy body is built from the meridines (pathways), energy centers and auras for every organ of the body and for the body itself.

Energy paths (meridians: Energy travels in the human body in 14 meridian lines.

They are networks that consist of channels that cover the entire human body, and these meridians contain points that connect with each other, such as: the electricity network through lines that conduct energy between them. These points conduct energy in the human body and its internal organs, and have a voltage different from the environment of the surrounding tissues, and the energy flows through them to .the glands and the nervous system

It was discovered by the scientist Thomas Lever - an English doctor in 1937 - who discovered an unknown nervous system that does not follow the voluntary system, and consists of networks and channels with a radius ranging from 20-15 microns, and the channel wall is made of a thin membrane filled with a transparent, colorless substance.

It is surrounded by blood vessels.

1. Characteristics of the electrical resistance value at the power point ranges from 30-300 kOhm, while at a normal point it is 1500-5000 kOhm.

2. The value of electrical potential in the treatment point above the neutral points.

3. The level of infrared emission in the treatment point from the neutral points.

4. The level of metabolism and oxygen uptake in the treatment point is higher than the neighboring points.

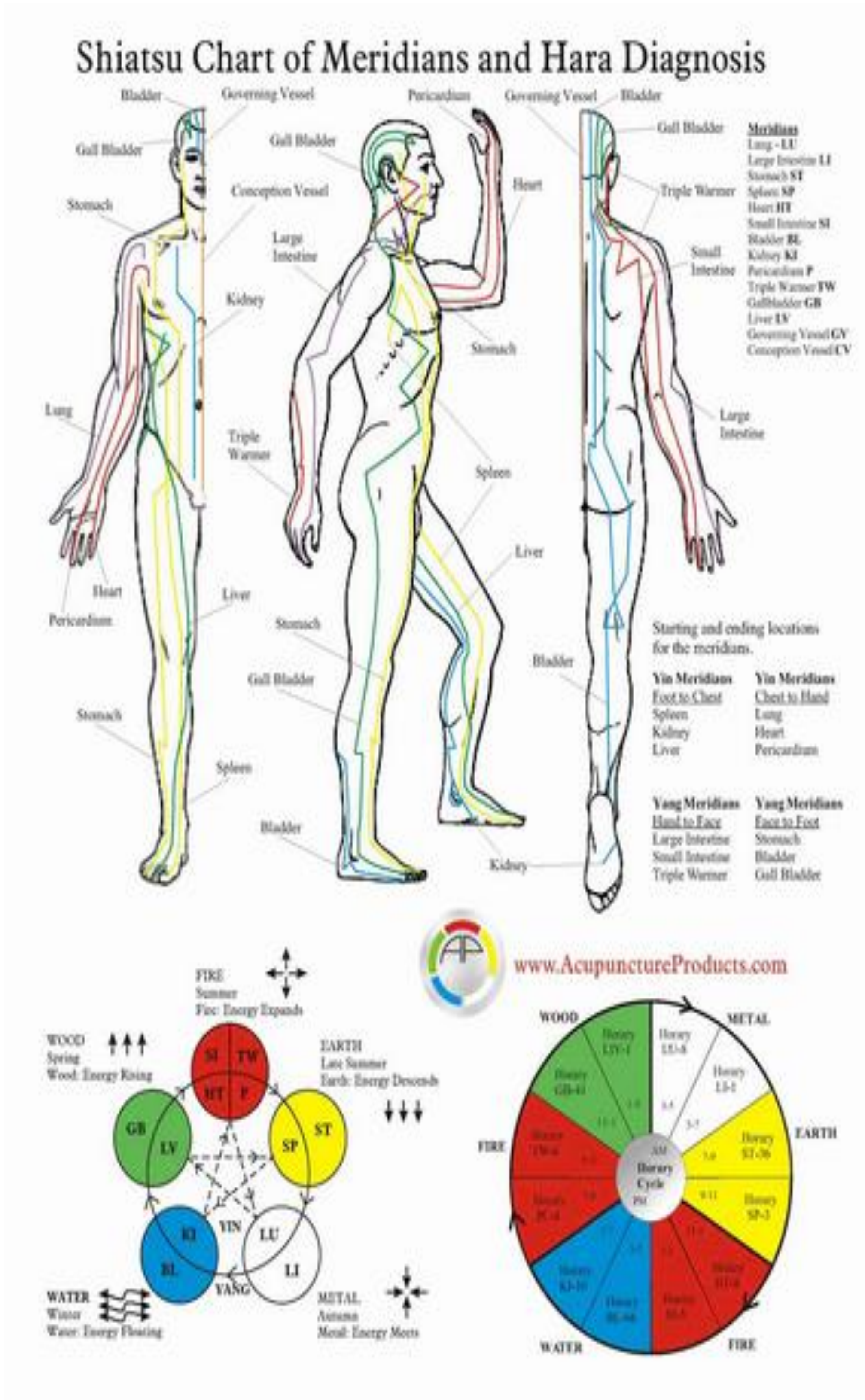
Specialized pathways treatment methods:

Some of them rely on certain tools (Chinese needles), massage tools, pendulums and certain devices, and some rely only on the hand of the therapist. Among these schools, the Chinese needles, which no one can now deny their role in making a great revolution in effectively treating many diseases, and also their wonderful role in anesthesia during operations without anesthesia.

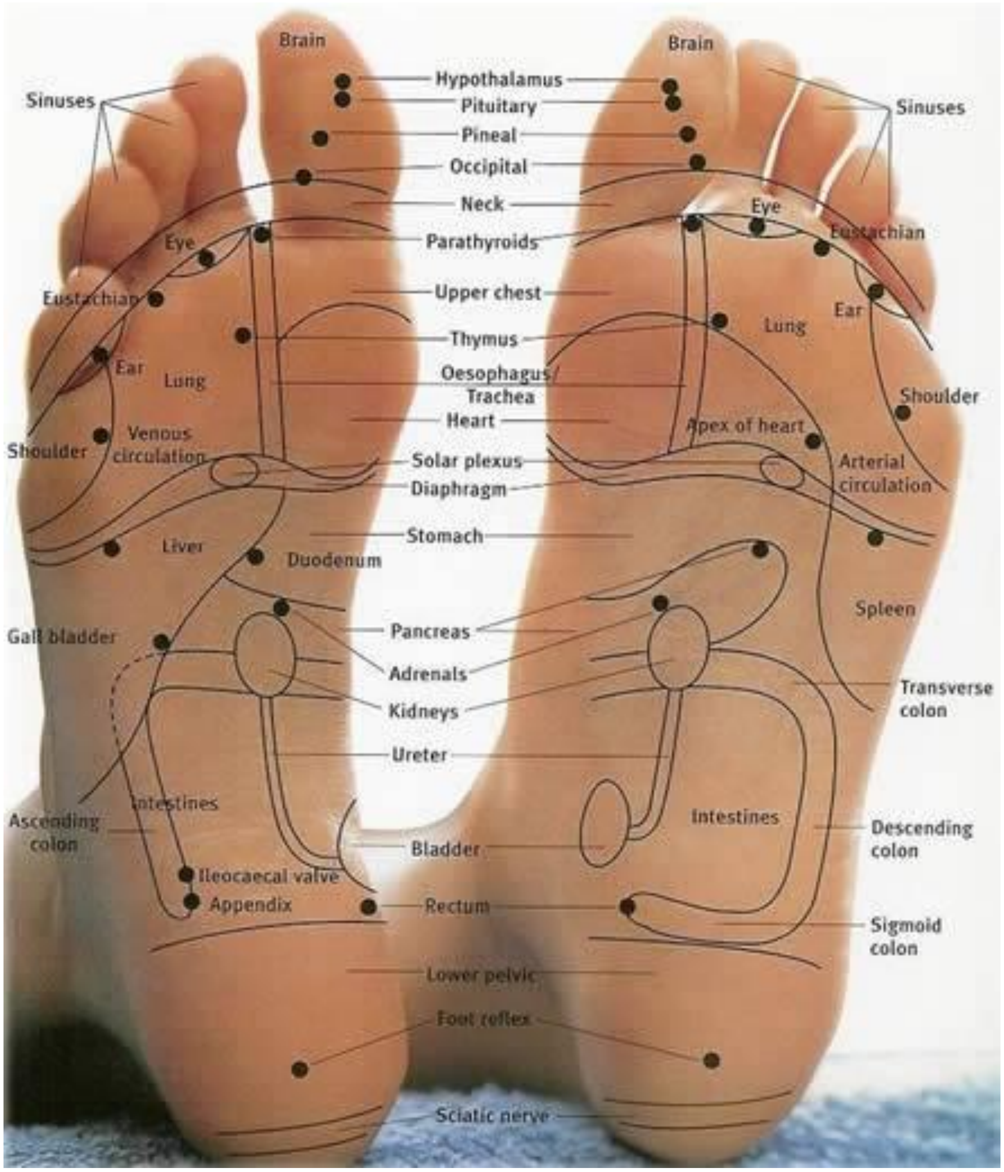
There is also pressure therapy, reflexology, shiatsu, tai chi and qi kung. In this book, God Almighty wills, we will discuss the best modern treatment methods for the twenty-first century.

As shown in the pictures





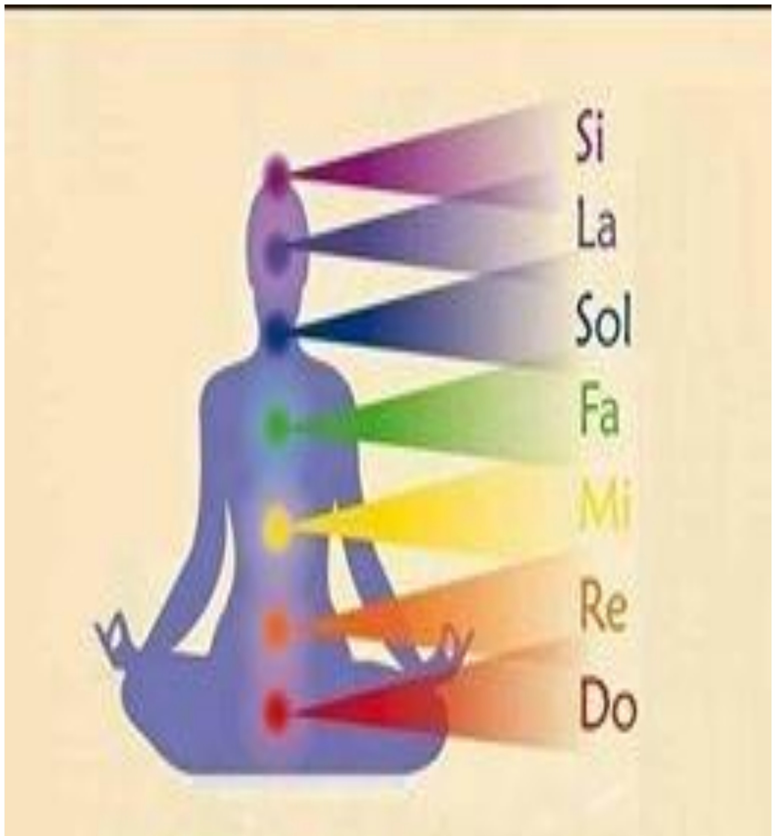
Shiatsu Chart of Meridians and Hara Diagnosis
Bladder
Governing Vessel
Gall Bladder
Conception Vessel
Stomach
Kidney
Lung
Triple Warmer
Heart
Pericardium
Liver
Spleen
Pericardium
Large Intestine
Small Intestine
Meridians
Lung - LU
Large Intestine LI
Stomach ST
Spleen SP
Heart HT
Small Intestine SI
Bladder BL
Kidney KI
Pericardium P
Triple Warmer TW
Gallbladder GB
Liver LV
Governing Vessel GV
Conception Vessel CV
Starting and ending locations for the meridians.
Yin Meridians
Foot to Chest
Spleen
Kidney
Liver
Yin Meridians
Chest to Hand
Lung
Heart
Pericardium
Yang Meridians
Hand to Face
Large Intestine
Small Intestine
Triple Warmer
Yang Meridians
Face to Feet
Stomach
Bladder
Gall Bladder
www.AcupunctureProducts.com
FIRE
Summer
Fire: Energy Expands
WOOD
Spring
Wood: Energy Rising
EARTH
Late Summer
Earth: Energy Descends
WATER
Winter
Water: Energy Floating
METAL
Autumn
Metal: Energy Meets
SI
TW
HT
P
GB
LV
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LI
YIN
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METAL
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FIRE
WATER
FIRE
Horary Cycle

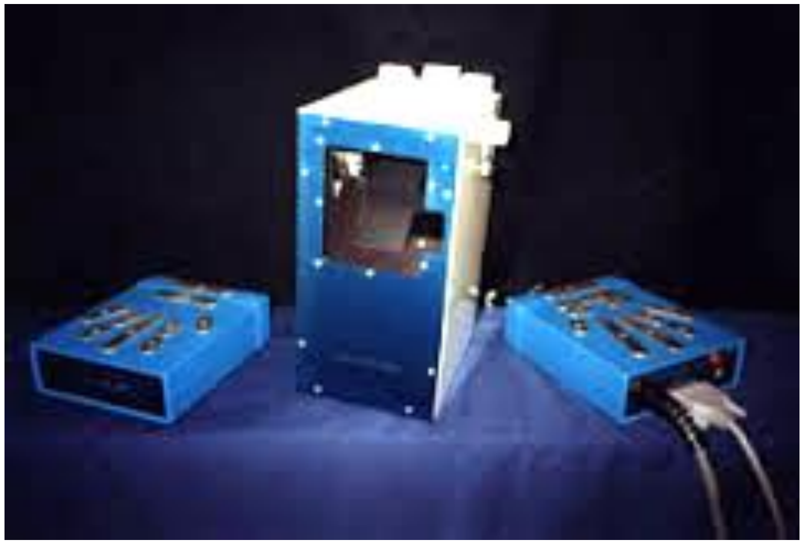

Brain
Brain
Sinuses
Hypothalamus
Pituitary
Pineal
Occipital
Neck
Sinuses
Eye
Parathyroids
Eye
Eustachian
Upper chest
Eustachian
Ear
Thymus
Lung
Ear
Lung
Oesophagus/
Trachea
Shoulder
Heart
Apex of heart
Shoulder
Venous
circulation
Solar plexus
Arterial
circulation
Diaphragm
Stomach
Liver
Duodenum
Spleen
Pancreas
Gall bladder
Adrenals
Kidneys
Transverse
colon
Ureter
Intestines
Intestines
Ascending
colon
Bladder
Descending
colon
Ileocaecal valve
Appendix
Rectum
Sigmoid
colon
Lower pelvic
Foot reflex
Sciatic nerve

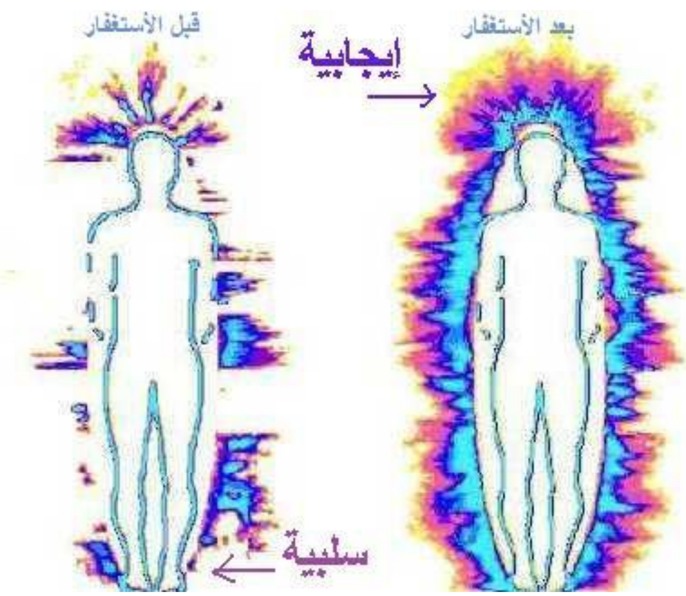


Energy Centers and Chakras: -

In 1936, the Russian scientist Simon Kirlian invented a camera, through which he was able to photograph the bioplasmic field around humans for the first time, and he was also able to photograph the energy centers of this energy field for the first time. And surrounding the human body. It was also possible to photograph it using cameras dedicated to measuring the thickness and strength of this energy by photographing it, and this type of camera is called "Kerylian Camera". This allows measuring the thickness of these auras and determining the human energy level. As shown in the pictures:


Si
La
Sol
Fa
Mi
Re
Do




قبل الأستغفار
بعد الأستغفار
إيجابية
سلبية

We know that sin is one of the obstacles to goodness ... We know that seeking forgiveness is one of the greatest sources of goodness. What is the relationship of this topic to energy from the point of view (bioenergy science)?

Bioenergy science says that around each of us there is an aura of positive energy ... we are born with it by instinct that God has deposited it in us, and upon death it leaves us.

And with sins and sins, negative energy accumulates around this aura instead of positive energy. With repetition and insistence on sins, the negative energy increases, until it becomes greater than the positive energy.

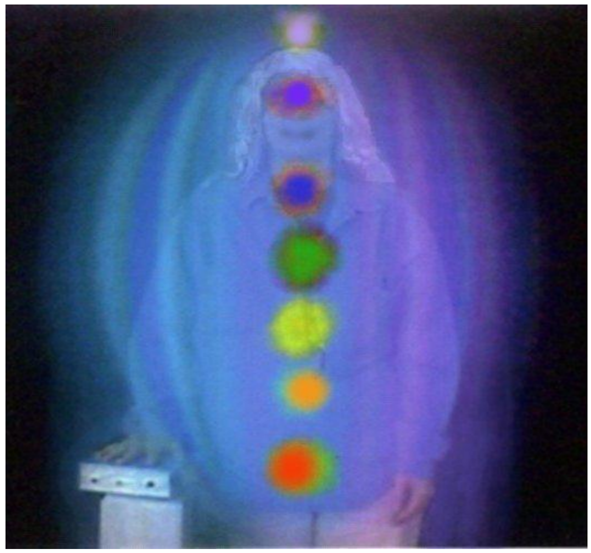
: Thus it prevents goodness from reaching us. The Most High said

(بلى من كسب سيئة واحاطت به خطيئته فأولئك اصحاب النار هم فيها خالدون)

[Al-Baqarah: 81] And the verse confirms that sin and bad things surround their ﺑ owner ... And as much as the sin will be, the reward will be in the Hereafter, which .may reach the fire of Hell, God forbid

So my boyfriend told us: The Messenger of God said: (If a person performs ablution, his sins will come out from between his eyes, between his hands, between his feet, and between his ears). My Muslim brother, make sure that you maintain your ablution at all times. Of course, with forgiveness ... the negative energy will fade away and only the positive energy will remain, thus opening the way for good to reach you. And this explains the words of the Messenger (Whoever becomes seven dates ajwa every day; no poison or magic will harm him on that day) also to preserve the luminous aura, the beloved always urged us to seek forgiveness, and he used to ask Allah for forgiveness on the day more than 70 times, and God forgave He has the precedent of his sin. Chapter on the beloved, our master Muhammad and his family .and companions, and peace

(فقلت استغفروا ربكم انه كان غفارا * يرسل السماء عليكم مدرارا * ويمدكم بأموال وبنين ويجعل لكم جنات ويجعل لكم أنهارا﴾ [Surah Noah: 12]





The Sanskrit chakra is चक्रं, pronounced Sanskrit [ˈtʃəkrə̃] [ˈtʃəkrə] in Hindi, in Balinese: Jakka चक्क, in Thai: จัก, and in Tamil

In Chinese:, and in Tibetan: འཁོར་ལོ Khurlo. It is a concept taken from Hindu texts and used in Hindu rituals and practices, and the word has its origin from the Sanskrit language. Chakra: means knot; Or wheel; Or spiral; Or rotating power center. Just as the physical body has major and secondary vital organs; The energy body has both major and minor energy centers. The balance of each energy center depends on the .balance of the other energy centers

(قل أعوذ برب الفلق * من شر ما خلق * ومن شر غاسق اذا وقب * ومن شر النفاثات بالعقد * ومن شر حاسد اذا حسد)

:[Al-Falaq: 5] Contract = Chakras In the words of the Most High

سورة (وجعلنا من بين ايديهم سدا ومن خلفهم سدا افلا يبصرون) and also in His Almighty saying يس. .

(كلا بل ران على قلوبهم ما كانو يكسبون) سورة المطففين

. the hadeeth: "Whoever becomes seven ajwa dates daily, no poison or magic will ".harm him on that day

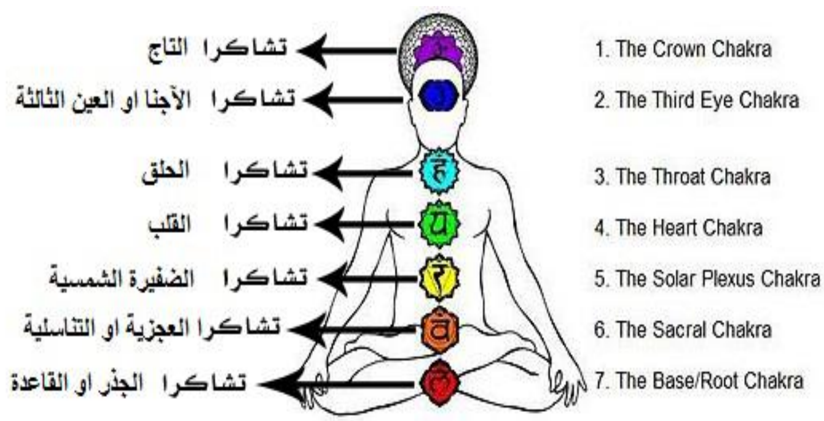
Scientists said that the seven dates are the number of the seven basic chakras in the body of every living being. They protect from envy; By building an energy shield around the electromagnetic human aura. From here we also discover that Surat Al-Fatihah consists of seven verses, and the number of chakras is seven and the number of halos are seven and seven heavens. Here you see that No. 7 has secrets, and what is hidden is greater. And we are trying to prove the scientific theory with Quranic references. Because the Qur'an is the source of all sciences as we all know. The Qur'an referred to number 7, God Almighty said: Because energy is an experimental science, and the naked eye cannot see it. Mostly humans do not believe in unseen things, but it is a science

It is inferred by direct experience, such as: gravity, electric current, and everything around us now. The era of globalization and technology has become metaphysical, and yet we believe in it and acknowledge its existence. We also believe in the presence of energy, but we cannot see it. Energy is also neutral and devoid of any thought.

Or belief; Or directed; Or an ideology. Energy centers and chakras are the transmitting and receiving stations through which energy is exchanged between the human field and the cosmic energy field, they absorb and distribute energy throughout the body. Regulating and providing the body with

the energy needed for life:

The number of the main energy centers is 7, seven, as shown in the image [root, sexual (reproductive), solar plexus, heart, larynx (throat), ajna (third eye), crown] as .agreed by the schools of Yoga and Reiki

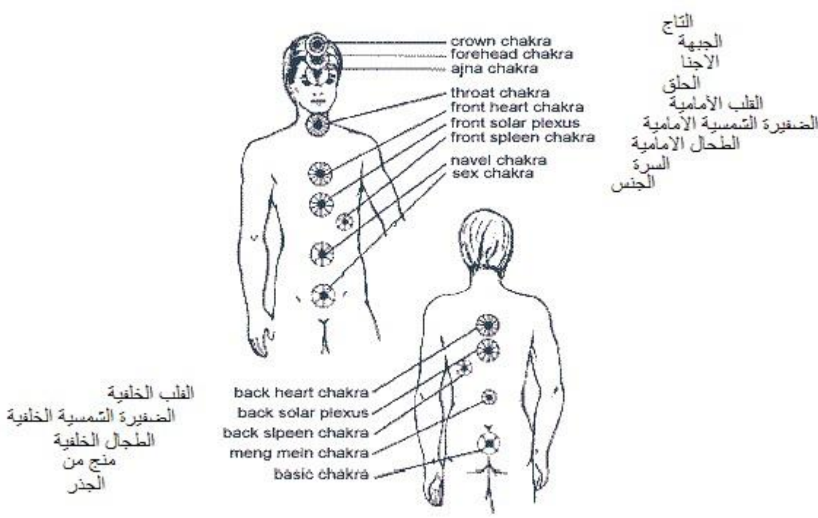

تشاكرا التاج
تشاكرا الآجنا او العين الثالثة
تشاكرا الحلق
تشاكرا القلب
تشاكرا الضفيرة الشمسية
تشاكرا العجزية او التناسلية
تشاكرا الجذر او القاعدة
1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra







And there are 11 chakras in the Pranic school (root, sacrum (sex), navel, ming of, anterior spleen, posterior spleen, anterior solar plexus, posterior solar plexus, anterior heart, posterior heart, throat, aena, forehead, and crown)



It picks up and transmits a specific pulse, which is translated through the human eye, which has the property of visual clarity; And it translates into colors. Every major energy center that connects to a major nerve network in the body; Any imbalance in the energy centers affects the nerves, and then affects the glands. Which will lead to the emergence of physical and psychological diseases in humans. We have energy

blockages in the tracks, they used to treat acupuncture, now you can treat them without touching; To restore strength, vitality, self-healing and unlock your hidden mental powers.

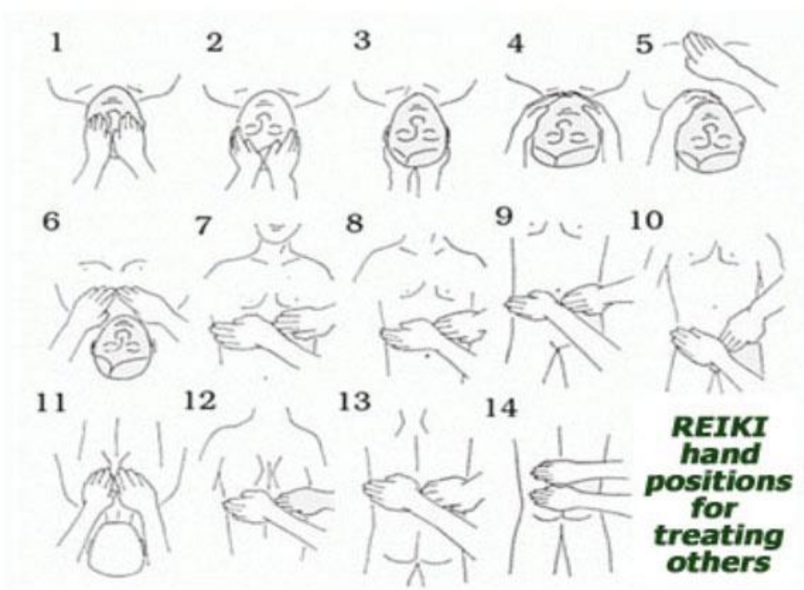
Some tips for working on the chakras:

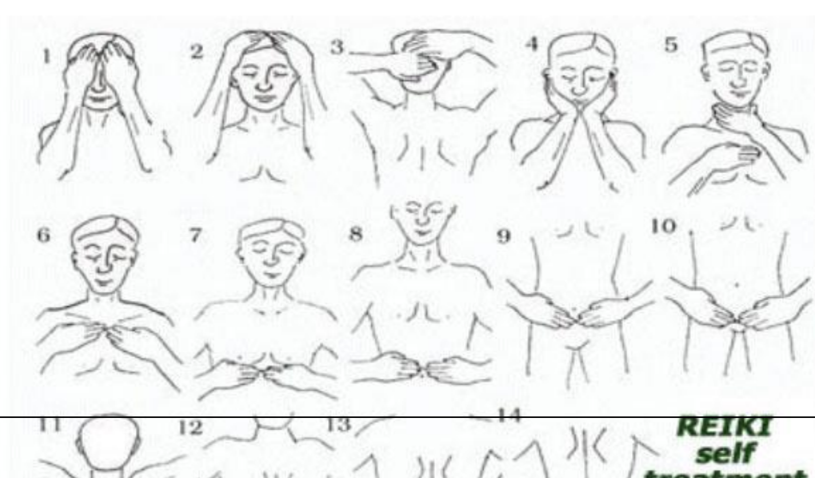
When starting to open the chakras; It is important to start from the bottom up, and this is the direction of the universe, and you must make sure that the root chakra is open and energized, after that you move to the sacred chakra, then the navel until the crown is chakra in a gradual line. You need to limit the time you will spend practicing each chakra by yourself. Be attentive to how you feel, what you do and don't do. Note if you really need to unlock.

Some chakras; Some have active chakras and not others, so they move to the next chakra. Because training her will negatively affect you, as will become clear to you later.

It may take years of training to gain all the potential of the chakras, but you will gain some advantages and possibilities in a short time (which is a lot for us).

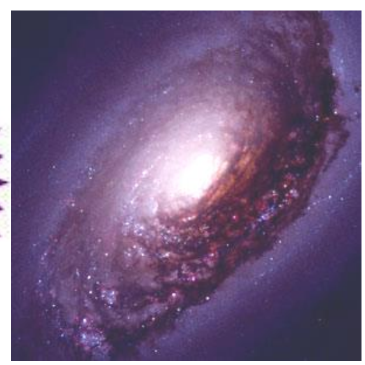
It depends primarily on the extent of your awareness of your condition, and to develop this awareness, you must do meditation exercises. It is the best way. It helps balance the chakras especially when your chakras are exhausted.


REIKI
hand
positions
for
treating
others


REIKI
self

An overview of the seven basic chakras: -

First: - Crown Chakra - thanking the Crown

Picture and color: As shown in the picture The location: - This chakra is centered - in the middle of the top of the head Responsible for:

**Higher Cosmic Consciousness Center.

**Center for Direct Perception and Inspiration.

**The center of the spiritual connection with the divine self.

**Center for enlightenment and enlightenment.

**Ishraqat Al-Hikma Center.

Associated organs: brain, pineal gland, cerebral cortex, and right eye.
.Associated gland: hypothalamus and pituitary

And the color that stimulates this thankfulness is: Electric Violet.

Related diseases:

Diseases related to the hypothalamus, pituitary and brain (diseases related to the pineal gland, brain, and physical and psychological diseases).

Organic diseases:

**Difficulty comprehension.

** Weak spiritual attachment to the divine self, and lack of material worldly attachment.

Self-treatment methods:

Exercise 1: Put your hands in front of the abdomen, let the pinky fingers face up and meet. Behind the rest of the fingers, with the left thumb placed under the right thumb.

Exercise 2: Meditation: Any type of yoga or meditation, for example: Close your eyes, and imagine a white light coming from the sky to half the top of the head, until you feel the purity of the place or close the eyes and observe the breath for 15 minutes a day, focusing on the center with the intention of healing and God the Healing.

Touch therapy: -

Place the hand on the center and do three to six breaths, God willing

Precious stones:-

The gemstone for this thankful is Selenite, Amethyst, and Quartz.

Massage Therapy: -

Center massage 15 minutes (specialists can apply reflexology or shiatsu). .

The Five Elements: -

Its associated element is the air element.

Energy breathing:

- Close the right nostril and left breathing for three minutes, or normal general abdominal breathing 7 times precisely (7-1-7-2) or (6-3-6-3) Cupping and Chinese

needles:-

Fingering, tapping, or holding in place - tapping, cupping, acupuncture Herbs: Among the herbs and plants that stimulate them, we mention rosewood, sandalwood, sage, lavender, male gum, benzoin gum.

Gland: -

The pineal gland secretes the hormone melatonin. Which works during the dark, and it has several tasks, including: controlling the work of the human body and regulating the growth rate.

Aromatherapy (medicinal aroma): -

Rosemary - Laurel - Lavender is the crown chakra stimulator.

Healing Sounds (Mantras): -

The activating sound of the center to attract the cosmic divine energy ... echo the word Aum (by extending the letter Meem) or Amin and Qayum ... Haam is the frequency sound of the chakra stimulation and is repeated many times until you feel relief. It is worth noting here that these words do not have any taboo, but rather are light letters with high energy.

Therapeutic Music: -

Her motivating music is Korean music. Its natural healing sounds are: the movement of rain, waves, waterfalls, rustling trees, and birds chirping. As you like, full freedom according to the nature of your personality and your psychological comfort. I prefer .by personal experience the healing sounds of the Qur'an

In the voice of the five sheikhs with which God preserved the Qur'an for us:

** Sheikh / Abdul Basit Abdel Samad

**Sheikh / Mahmoud Khalil Al-Hosari,

**Sheikh / Muhammad Siddiq Al-Minshawi

**Sheikh / Muhammad Refaat

**Sheikh / Mustafa Ismail

Causes of poor position:

** Not regulating sleep and time in particular.

**Alcoholic beverages, smoking, addiction to sedatives, and pork.

**Bad Karmic Rebounds.

**No forgiveness and abuse.

. **Miserliness, theft, lying, laziness and betrayal

Treatment methods for opening, cleaning, charging, strengthening and fortifying the chakra: The Night Prayer is linked to the center of the crown and to polarize the cosmic color of the electric violet of the chakra. Tasbeeh, remembrance, and the Most Beautiful Names of God is the name (Dhul-ul-Majl al-Ikram) with a hand placed on the place of the center or pain, to what God wills. Note: Adding the beautiful name of God "Al-Nur" to any thankful person in order to enlighten ... and also the term majesty "God" can be added to any thankful person. Doing exercises in general .or harmonious methods, such as: tai chi, chi kung, and all kinds of yoga

This gesture is called mudra in Hindi that opens the crown thank you



Tips to support and strengthen the "crown chakra": -

1 - Silent meditations are appropriate for this chakra ..

. 2 - Reducing thinking supports this chakra ... In the space of the mind, this chakra is supported by the cosmic energy that raises wisdom ...

3 - Not to take life too seriously ... Rather, it is healthy, present and conscious ..

. 4 - Do not be religious or ideological for anything ... but always be balanced in your convictions ...

5 - Always raise doubts to be tested ... and do not be convinced of anything if you do ... not test it

6-Eclipse and Eclipse are the two rituals that support both the sixth and seventh chakras ... so when an eclipse or eclipse occurs..Close your eyes, breathe through the nose, breathe out through the mouth, and look at the moon or the sun with two eyes closed, and imagine an energy from it - which is from the sun supporting the chakra Your seventh for 10 minutes ...

7 - Sufi love poetry supports this chakra ...

8 - Do not waste much of your time in an empty discussion ... Do not look at anyone and be sure that it is on a wrong principle ... Each of us has his own jihad that is responsible ...

Health and psychological features:

Health features:

It acts as the future of spiritual energies, as a center of communication with them, as a mediator between our consciousness and the powers of wisdom, and as a complement and complement to our present material selves and our higher selves. It receives spiritual energy from the cosmic source, and draws energy upward from the lower chakras. Therefore, any obstacle or blockage occurs to this chakra; Result in a malfunction or a halt in the flow of these energies in both directions; This leads to a break in the connection with the cosmic tributary, and thus the death of the physical body. This chakra is more visible and physical than other chakras, and it is seen in newborns so the chakra area is moist, but the skull bone grows. You hide it). The equilibrium state of energy in this chakra liberates the powers and information .of our superior self in the channels of our physical body

Energy imbalance, and an imbalance in energy that leads to: depression, violent erotic fantasies, emotion; As if someone does not understand you, unjustified feelings of shyness, formation of a low-value perception of oneself, inability to maintain relationships, rejection of oneself, an overwhelming need for sympathy, frustration, unjustified strength, depression, frequent migraines, despair, a tendency ,to abuse alcohol

Selfishness, ambiguity, destructiveness, unjustified force. The need to feel fame and your necessity for society, the need for sympathy, the lack of fun and the spirit of enjoyment of life, rigidity, inability to make decisions, poor memory, poor concentration, inability to gather the mind, lack of outlook on life. (Important note): Energy therapy does not interfere with medical treatment. Rather, it is a complement, not a substitute. And I am not with those who deny traditional medicine, the two do not conflict; When a person falls ill; He takes all the reasons in order to recover, God willing, and as the Messenger of God said: (Heal the servants of God, for God Almighty has not revealed a disease to him unless he has revealed a .medicine for him. And if not, patience with illness

And the affliction therein is an increase in degrees; As the scholars said: “The affliction is the Sheikh of Sheikhs”; As he gives you two attributes, he will enter you Heaven without being counted, and one of the greatest qualities that God has chosen is his messengers and prophets. Two: gratitude and patience. Perhaps you neglected to thank God for this blessing, which you did not feel was there. Because it works without glitch, it was taken from you to remember the softener. For your Lord is blessed, and he loves the thankful. And thanks to the blessings increase; The [Surah Ibrahim: 7] As well as the ﴾ واذ تأذن ربكم لإن شكرتم لأزيدنكم... ﴿ :Almighty said attribute of patience for affliction, the Almighty said:﴿ انما يوفى الصابرون أجرهم بغير حساب... ﴾[Surat Al-Zumar: 10] And the Most High said:﴿ والله يحب الصابرين... ﴾[Al-Imran: 146].

[Al-Anfal: 46]. And ﴿ ... واصبروا ان الله مع الصابرين ﴾:And the Most High said in the hadith al-Qudsi, God Almighty said: I am sick, but you do not return to me. He said: O Lord, how can I return to you while you are the Lord of the worlds? He said: Did you not know that my servant so and so fell ill, you did not return him? Did you not know that if you had returned to him, you would find me with him? The patient's invitation is .answered, congratulations to you

The location: This chakra is located –

in the area between the eyebrows It is symbolized by insight; It is the center responsible for the higher senses of humans, or the so-called sixth sense. It is more than a sense, such as telepathy. Expectation, awareness, intuition and others ... are senses that are rare among the majority of people.



It is a remarkable observation among thinkers, writers and others .... those whose work relates to thinking, for example: You test any test; Do you not subconsciously find yourself fumbling with your hand on your forehead in order to remember? Actually, when you do this, you activate the Agna thank you for action. Psychological functions: higher mental ability or the abstract mind to understand abstract concepts

Orientation center and will center in the body:

Associated Organs: -

the nervous system, which controls and charges the other major chakras.

Associated gland: is the famous pineal gland, which is a small gland in the brain cavity behind the pituitary gland, and it secretes the hormone melatonin in the human body that helps sleep. It takes the form of a small pine seed, which is called the invisible spiritual eye in some Eastern civilizations; Because this gland is like an eye. The name of the pineal gland was associated in ancient times with the center of the .human soul, but at the present time the pineal gland is still the subject of research

The following has been proven: -

She is responsible for the changing psychological state of the human being, and she is responsible for organizing time, and for the sexual status. It has been observed that the destruction of the area leads to early puberty. It also works to prevent oxidation by melatonin that it secretes directly into the blood, after exposure to darkness, which prevents the formation of cancerous tumors. And the catalyst for this thankfulness: blue Organic diseases: diseases related to cancer, allergies, asthma, and endocrine diseases.

Psychiatric illness:

-** Insufficient perception.

** Weak willpower and quick surrender.

** Attack of obsessive thoughts and the onset of obsessive-compulsive disorder

Methods of Treatmen:

Exercise 1:

** Sit in a quiet place with perfect light, do not turn on all the lights, and do not sit in the dark.

** Place your middle finger on the area between your eyes and the forehead..Do not put pressure on your hand ...

**Just place it on this area ... open your eye, and close it several times ... i.e. blink naturally and then close your eyes ...

**Imagine that an eye is starting to appear in the area you touch with your finger. It is closed as is.

** Your physical eyes closed; Make them take shape in your imagination, so that .you can see them clearly ... Now open your eyes

**And imagine it opening itself - that is, the third eye - and blinking several times as it blinks with your eye, with your finger still in place.

** Try to feel it is there and that your finger is already feeling it and the movement of its blinking as it opens and closes ...

**Remove your finger after you are certain of your sincere sense of it .. and you will see energy paths, and understand the meanings of life.

** If you did not see it, try again and it will succeed because it has succeeded with many and they are not better than you



Exercise 2: This gesture called Mudra in Hindi opens the Ajna chakra.

Exercise 3: Place your hands under the chest area, and the middle two fingers are straight forward, and the rest of the fingers are bent and close together at the bone of the first crease of the fingers, and the index fingers meet and point toward you. Focus on the third eye chakra, which is located between the eyebrows. Sing the .letter AUM, AMEEN, OM, or AUM and repeat until you are comfortable

Exercise 4: This is a very important advanced exercise. It is called Blue Pearl. Focus on a blue ball behind the anna in the center of the brain, if it enters a line along the brain, and a line across; The position of the blue ball is the point where the two lines meet, so when you focus correctly on the ball, you will feel the connection, and the two brain regions overlapping each other. (A very important exercise for the balance of the two parts of the brain and nerve impulses, and this exercise helps to strengthen memory, focus, awareness and broaden horizons).

Meditation:-

Any type of yoga or meditation, for example: Close your eyes and imagine a white light in the place. Or close the eyes and observe the breath for 15 minutes a day with a focus on the structure of healing and God-Healing.

Touch therapy: - Place the hand on the center and perform hex or three breaths

Gemstones: - The gemstone of this chakra is amethyst (purple / violet) and azure (cyan).

Massage Therapy: - Center massage 15 minutes. (For specialists applying reflexology or shiatsu) The five elements: - The associated element is the air element.

Energy breathing: - Close the right nostril and breathe from the left for a period of three minutes, or normal general abdominal breathing precisely 7 times (7-1-7-2) or (6-3-6-3).

Cupping and Chinese needles: - Flapping by hand or pricking or volumes tapping cupping acupuncture

Herbs: Among the herbs and plants that stimulate them, we mention basil, cedar wood, sage.

Medicinal colors: - Indigo blue and bluish violet. Aromatherapy (medicinal aroma): - For essential oils derived from frankincense, black pepper and grapefruit Healing Sounds (Mantras): - Al-Raheem - Amen - Aum (for a non-Muslim with the extension in the letter Meem phonetically) The music that stimulates it: Natural sounds such as: the movement of waves, the rain, the waterfalls, the rustle of trees, the chirping of birds. As you wish, you have complete freedom according to the nature of your personality and your psychological comfort, and I prefer by personal experience the healing sounds of the Qur'an

In the voice of the six sheikhs, with which God preserved the Qur'an for us:

**Sheikh / Abdul Basit Abdul Samad

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**Sheikh / Muhammad Siddiq Al-Minshawi

**Sheikh / Muhammad Refaat

** Sheikh / Mustafa Ismail

Causes of weak position Rather

** not regulating sleep and time.

** Alcoholic beverages, smoking, addiction to sedatives, and pork.

**Bad Karmic Rebounds.

** No forgiveness and abuse. Miserliness, theft, lying, laziness and betrayal.
.**Opening the chakra, cleaning it, charging, and strengthening it

The morning prayer at its time is related to the center of the Ajna, and the polarization of the indigo cosmic color of the chakra, the praise, the remembrance, and the names of God specifically (the Most Merciful), with the hand placed on the center location; Or pain to God willing. And also the repetition of the word "Kashm" with the extension of the letter Meem during the pronunciation and equivalent to the name of God (Al-Kashif, Al-Batin and Al-Zahir)

(وَكَذَٰلِكَ نُرِي إِبْرَاهِيمَ مَلَكُوتَ السَّمَاوَاتِ وَالْأَرْضِ وَلِيَكُونَ مِنَ الْمُوقِنِينَ) (الأنعام:75)

(فَكَشَفْنَا عَنْكَ غِطَاءَكَ فَبَصَرُكَ الْيَوْمَ حَدِيدٌ) [قٓ:22]

Performing exercises in general or harmony techniques such as tai chi, chi kung, and more specifically hatha yoga exercises.

Health and psychological features:

Equilibrium energy: effective attraction, affinity with the source of knowledge, ability to receive guidance, ability to sense cosmic consciousness, capacity for mental telepathy, ability to conduct spiritual journeys, ability to lead the soul, insight, possession of spiritual energy, knowledge, wisdom, idealism, perception The superfluous, love of spirituality.

In the event of an energy imbalance: obsession with self, pride, monopolization of power, fanaticism, exclusivity, stinginess, coldness, rudeness, sharpness, extreme selfishness, religious intolerance, anxiety, fear, hypersensitivity, impatience, exaggeration, belittling others, uncertainty, Lack of discipline, hyper-sensitivity, lack of ability to organize, fear of success, suspicion, jealousy of other people's talents, forgetfulness, belief in superstitions, obsessive fears

This chakra is located in the throat

The color and shape: turquoise - and the shape is as shown in the pictureThe location:




area, the center of self-expression and communication with others. Psychological functions: the lower mental capacity or the realistic mind. Control skills of verbalization, concentration, planning, drawing and study. The center of communication, voice, expression and creation through ideas, speech, and writing. The larynx is the storehouse of anger, from which it unleashes. When this chakra is out of balance, you feel limited and calm, and you feel so weak that you cannot express your thoughts ... unwell, skin problems, otitis And a dry, inflamed throat and back pain. Whereas when this chakra is balanced you may be well updated, centered, and inspiring, and when you feel inner peace, never shake or force, regardless of the circumstances surrounding you, the feeling of strength.

Associated organs: throat, respiratory system, thyroid gland, parathyroid glands, lymphatic system, larynx, neck, teeth, and ear. Associated gland: hypothyroidism and parathyroid gland

And the color that motivates this thankfulness: turquoise. The sense of hearing is dominated by the chakra. Organic diseases: diseases related to the throat such as goiter, sore throat, asthma. Psychiatric illnesses: severe anxiety, lack of focus, excessive obsessive disorder, and attack of negative thoughts.

Methods of Treatment :

Exercise 1:

Crossing your fingers inside your hands. Make the thumb in both hands meet and lift them Focus on the throat chakra at its base and sing the word HAM (haaaaammm), while up imagining a sky-blue luminous energy flowing to the throat chakra to balance it. And (haamim) is the exercises of Vocals and Solfege in the science of vocal resonances, so the trainee can say these exercises (Hamming exercises) in the form of the 8 layers of the musical scale When you feel full, stop and open your eyes.

Meditation:-

Any type of yoga or meditation, for example: - Close your eyes and visualize a light White in place or closing the eyes and observing the breath for 15 minutes a day, Focusing on the center of the structure of healing and God the Healing.

Touch therapy: - Put the hand on the center and make three to six breaths, God willing.
-:Precious stones

The gemstone of this thankful is peridot, lapis lazuli and turquoise.

Massage Therapy:

- Center massage 15 minutes (for specialists apply reflexology or shiatsu)

The five elements: - The air element.

Energy breathing: -

Close the right nostril and breathe from the left for three minutes. Or normal general abdominal breathing 7 times specifically 7-1-7-2 or 6-3-6-3

Cupping and Chinese needles: -

Herbs: Muddling by hand, prickling, or cupping tapping cupping acupuncture
Among the herbs and plants that stimulate them, we mention star anise, wormwood Blue, Tea, Cypress, Sandalwood, Lavender, Citrus aurantium.

Therapeutic colors: - The color of the sky and the sea.

Aromatherapy (medicinal aroma): - Extracted essential oils Green tea tree and thyme are throat chakras.

Healing Sounds (Mantras): - HAM is the chakra stimulus reciprocating sound. And music The catalyst for it is the music of the flute and the woodwind instrument. .Sing (haaaam) You focus on the HAM throat chakra

The sounds that stimulate it

are the sound of waves and animals; as you wish, complete Freedom according to the nature of your personality and your psychological comfort. And I prefer the experience

Personal Healing Quran Sounds:

In the voice of the five sheikhs, with which God preserved the Qur'an for us:

Sheikh / Abdul Basit Abdul Samad.

Sheikh / Mahmoud Khalil Al-Hussari.

Sheikh / Muhammad Siddiq Al-Menshawi

Sheikh / Muhammad Refaat.

Sheikh / Mustafa Ismail

Reasons for the weakness of the center:

** Rather not regulating sleep and time.

** Alcoholic beverages, smoking, addiction to sedatives, and pork.

** Bad Karmic Rebounds.

** No forgiveness and abuse.

** Miserliness, theft, lying, laziness and betrayal.

** Opening the chakra, cleaning it, charging, and strengthening it.

The sacrifice prayer in its time is related to the center of the throat, and the polarization of the cosmic turquoise color of the chakra, the praise and remembrance of Allah, and the names of God, in particular, the name (strong and bad) with the hand placed on the place of the center or the pain to God willing.

Perform aerobic exercises in general or harmonic techniques such as: - Tai Chi, Chi Kung and specifically yoga Hatha exercises.

This gesture called mudra in Hindi opens the throat chakra with deep, calm .breathing in any number



Health and psychological features:

Energy balance: contentment, moderation, speaking gracefully, artistic inspiration, ability to relax, ability to coexist in the present moment, sincerity, confidence, .independence, ease of grasping the significance of religious teachings

The event of a defect in energy, arrogance, excessive speech, fanaticism, backbiting and gossip, tendency to control others, possessiveness, fanaticism, exaggeration in reactions, roughly speaking with others, over-attachment to traditions, hyperactivity, ease of accepting others ’opinions, gossip, surrender To others, resistance to change, depression, acting like an accuser, stubbornness, excessive calmness, weakness, lack of capacity to assume responsibility, feeling lost, inability to express ideas, lack of creativity, mood swings, dependence on others, tendency to suppress feelings.

.Shyness and dread, mood swings, inability to express oneself

Heart Chakra

Picture and color: Green as the picture shows




The location: This chakra is centered - the center of the chest slightly towards the heart, and it is hers Thanks a wallpaper called the heart background and it has the same functions as the foreground.

It is one of the four main thank you that have a background only, so the human body is the same as: (spleen - plexus - heart - navel)

This Shukra is the center of sublime emotions such as peace, serenity, joy, compassion, kindness, cruelty, tenderness, care, consideration of others, patience, delicate feeling - esoteric desires, dreams, seeing beauty in the world A sense of inner peace and relaxation of the chest whenever it is charged with a high amount of energy

It is the most thankful of all because it contains the seeds of the ability to feel God and true love for all people and for everything. This thankful also connects body, soul and mind with one another. These days there is no heart that is free from pain and other emotional problems as they are considered

Heart disease is the # 1 killer disease in America. Deep heart pain can result in aura blockage

Associated organs:

the heart, the circulatory system

Associated gland:

the thymus gland, or thymus, or thymus gland, is the gland associated with this .center, and the catalyst for this chakra is green



And the sense of touch is dominated.

Organic diseases:

** Heart, circulatory and circulatory diseases.

** Background chakra deficiency leads to lung problems, asthma, and tuberculosis.

psychological diseases:

** Fraud tendency and emotional blackmail.

** Cruelty, rude, and insensitive to the feelings of others.

Methods of Treatment :

Exercise 1

** Place your left hand on your left knee and your right hand in front of the chest, just above the solar plexus.

** Focus on the heart chakra located in the spine at the level of the heart

**Imagine a luminous, transparent, green, pure energy that enters the heart with every inhale.

Wonderful Exercise Great Practical to Support the Heart Chakra 2.

Exercise 3

Meditation:-

Any type of yoga or meditation, for example, close your eyes and imagine a white light. The place or the blink of the eye and observe yourself for 15 minutes a day with a focus on the focus of the intention of healing and God the Healing.

Touch therapy: -

. Place the hand on the center and do three breaths

Precious stones:-

The gemstone of this thankful is rose quartz and kunzite (pink in color).

Massage Therapy: -

Center massage 15 minutes (for specialists apply reflexology or shiatsu)

The Five Elements: -

The associated element is the fire element because the small intestine organ is linked and some other schools said dirt is because the stomach organ is also linked. Not only that, and you have the mineral element associated with the organ of the large intestine, and the wood component is also related to the gallbladder and liver organ of the center of the plexus, so I will simplify it for how to maximize the use of simply how to treat - by exposure to the sun by rotating or applying any substance

Warm dirt on the stomach from the back (the posterior plexus), so putting sleep on the abdomen, or relaxing on a warm drum, embracing a tree, or relaxing in a garden on the back is more comprehensive and comprehensive because the earth has minerals in it, so you will benefit more with contemplating the shape of fire or shining the sun's rays, so the center is to transfer its energy to the affected place with the intention of taking reasons Healing God is the Healer

Energy breathing: -

Close the right nostril and breathe from the left for three minutes, or normal general abdominal breathing 7 times, specifically 7-1-7-2 or 6-3-6-3.

Cupping and Chinese needles: -

Muddling by hand or pricking or cupping tapping cupping acupuncture Sing YAM as .you focus on the chakra

Herbs:

Among the herbs and plants that stimulate them, we mention grapes, beech wood, bays, and chicory.

Therapeutic colors: -

Green gardens and greenery

Medicinal aromas: -

Its stimulating aromatic scents are wild rose, white chestnut, chestnut blossom, mustard.

Healing Sounds (Mantras): -

➪The motivating music is the calm and dreamy melodies that are not depressing.

➪Sing (oh mmm) while you focus on the heart chakra YAM.

➪Its stimulating music is the movement of rain, rivers, seas, waterfalls, rustling trees, and birds chirping.

I prefer by personal experience the healing sounds of the Qur’an in the voice of the five sheikhs, with which God preserved the Qur’an for us:

. Sheikh / Abdul Basit Abdul Samad

Sheikh / Mahmoud Khalil Al-Hussari. Sheikh / Muhammad Siddiq Al-Menshawi.

Sheikh / Muhammad Refaat. Sheikh / Mustafa Ismail.

Reasons for the weakness of the center:

** Rather not regulating sleep and time.

**Alcoholic beverages, smoking, addiction to sedatives, and pork.

** Bad Karmic Rebounds.

**No forgiveness and abuse.

** Miserliness, theft, lying, laziness and betrayal.

Opening, cleaning, charging, and strengthening the chakra:

The noon prayer at its time is related to the center of the heart and the polarization of the green cosmic color of the chakra, praise and remembrance and the names of God in particular the name (Light and Creator) with the hand placed on the place of the center or the pain, God willing. Performing aerobic exercises in general or harmony methods such as tai chi and shi kung, specifically yoga exercises.

This gesture called mudra in Hindi opens the heart chakra with deep, calm breathing



.

Distribute your balance and move so that it is distributed all over the soles of your feet. Lower your weight down. Hold this position for several minutes.

(NB):

Health and psychological features

The state of energy equilibrium:

compassion for people and compassion for the weak, humanism, balance, the ability to see the goodness of others, the desire to help others, the feeling of the feelings of others, sympathy, purity, politeness and innocence.

The state of energy imbalance:

tendency to cold and inertia, avoidance of compassion and morality, emotional and social emptiness, jealousy and possessiveness, lack of confidence in life, suspicion of .self-abilities, blaming others

The state of over-saturation with energy:

intense criticism of others, endless desires and demands, desire for possession, obsession with anger stemming from frustration, jealousy, stinginess and scarcity, excessive self-confidence, allowing oneself to seize opportunities.

Excessive depletion of energy:

self-deprecating, fear of loss and anticipation of bad, feelings of persecution, hesitation in making decisions, need to feel safe, vibration of certainty, self-doubt, need to assure others that you are worthy, obsession with possessiveness, inability .to resolve the will, feeling That you are not liked

Solar Plexus Chakra

This is one of the most important chakras, and in some schools it is also called the psychological chakra, and some fighting energy schools call this center by force.

Shape and color: yellow and the shape as shown in the picture





The place:

in the area of the gap between the two ribs under the sternum, the brow bone, the septum, the mouth of the stomach. The Prophet said: Human body (spleen - plexus - heart - navel)

Associated organs:

the diaphragm, gallbladder, liver, stomach, small and large intestine, appendix, other internal organs

Associated gland:

The pancreatic gland is the gland attached to this center

Psychological functions:

the center of the ego and lower emotions such as:

negativity :-

(Anger, discontent, hate, resentment, anxiety, stress, frustration, distress, fear, arrogance, selfishness, aggression, rudeness, addiction.)

Positive :-

(The center of courage, boldness, perseverance, desire for victory, persistence and determination to reach and achieve the goal).

Organic diseases :.

Difficulty breathing, age disease (diabetes), ulcers and hepatitis, sometimes related to heart disease, high level of cholesterol in the blood, peptic ulcers, liver infections, rheumatoid arthritis, other diseases belonging to these organs for specialists: (do not charge pregnant women permanently)

Psychological:-

The imbalance of this front and back chakra leads to exaggeration in the negative emotional state and all negative emotions that afflict humans - and leads to an exaggerated feeling of arrogance and superiority over people and the emergence of symptoms of narcissistic personality.

Methods of Treatment:

Meditation:-

Any type of yoga or meditation, for example, close your eyes and imagine a white light. The place or the blink of the eye and observe the breath for 15 minutes a day with a focus on the focus of the structure of healing and God the Healing

Precious stones:-

The gemstone for this thankful is topaz, yellow agate, citrine, and yellow calcite.

Massage Therapy: -

Center massage 15 minutes (for specialists apply reflexology or shiatsu).

The Five Elements: -

The associated element is the fire element because the organ of the small intestine is linked and some other schools said dirt is because the stomach organ is also linked. Not only that, and you have the mineral element associated with the organ of the large intestine, and the wood component is also associated with the gallbladder and liver organ of the center of the plexus, so I will simplify it for how to make the .most of it

Simply how to treat it - by being exposed to the sun by turning around or placing any warm dirt material on the stomach from behind (the back plexus). Putting sleep in the abdomen or relaxing on a warm drum or embracing a tree or relaxing in a garden on the back is more comprehensive and comprehensive because the earth has minerals in it, so you will benefit more with contemplation of the shape of fire Or shining the sun's rays, the center is to transfer its energy to the affected place with the intention of taking the means of healing, and God is the Healer

Energy breathing: -

Close the right nostril and breathe from the left for three minutes, or normal general abdominal breathing 7 times, specifically 7-1-7-2 or 6-3-6-3

Cupping and Chinese needles: -

Muddling by hand or pricking or cupping tapping cupping acupuncture

Herbs: -

Among the herbs and plants that stimulate them, we mention: cucumber, peppermint, lemon leaf, lemon oil, amber, chamomile, lemon, cypress, and thyme.

Therapeutic colors: -

Roses and yellow flowers

Aromatherapy: -

Its stimulating aromatic notes are wild rose, white chestnut, chestnut blossom, mustard.

Therapeutic Sounds: -

The music stimulating for her is the sound of waves, waterfalls, rain, the rustle of trees, and the chirping of birds I prefer with personal experience the healing Quran sounds With the voice of the five sheikhs that God preserved for us in the Quran

Sheikh Abdul Basit Abdul Samad

Sheikh / Mahmoud Khalil Al Hosary

Sheikh / Muhammad Siddiq Al-Menshawi

Sheikh / Muhammad Refaat

Sheikh / Mustafa Ismail

Reasons for the weakness of the center:

** Rather not regulating sleep and time

** Alcoholic beverages, smoking, addiction to sedatives, and pork

** Bad Karmic Rebounds

** No forgiveness and abuse

** Miserliness, theft, lying, laziness and betrayal

**Opening the chakra, cleaning it, charging, and strengthening it

** This gesture called mudra in Hindi opens the chakra for sex with deep, calm breathing



Asr prayer at its time is related to the center of the plexus and the polarization of the cosmic yellow color of the chakra, praise and remembrance, and the names of God in particular the name of (Al-Baree). These are statistics based on the measuring devices of the expert scientist Dr. Ibrahim Karim. And repeating the name " Perform aerobic exercises in general or harmonious methods such as tai chi, specifically yoga exercises

(NB):

When this thankfulness is clean, the person's thinking will become positive, and his thinking will not penetrate any negative feelings or organic diseases because all acquired organic diseases are caused by psychological ones except for homosexuals, .(of course, such as microbes, air, or hereditary diseases

Chakra Center Impotence (reproductive)

In some schools it is also called (sacral-sex) chakra. It is also called the social chakra in other schools In some schools they call it dantian, but dantian is another center between the navel center and sex.

. **Picture and color**: As the picture shows, the chakra color is orange

Where: In the pubic area just below the belt




Associated organs:

the genitals, bladder, legs, and the five sacral vertebrae conjunctiva.

Associated gland:

the male has a seminal vesicle gland, the prostate gland, and the Cooper's penis gland, and the female has a prostate gland, a Bartholin's gland, and small sweat and sebaceous glands.

Psychological functions:

control the raising of a person's sexual impulses.

**The growth of mental abilities naturally

** self-esteem, physical health

Organic diseases: -

** Weakness in the body in general, slow healing of wounds and fractures.

** The spine is tilted to curve.

** Kidney weakness, lower back pain, constipation and joint contracture, and .diseases related to sexuality and the bladder in general

Psychological:-

** Inability to control my libido

** Very important in cases of mental retardation, and all mentally retarded, may God bless you, have sex centers that are bleeding and full of seriously negative energy

** This will result in problems perceptions such as anger, fear, and dark mood Because nobody

** else says why don't you tell the feelings associated with chakra

Methods of Treatment:

Meditation:-

Any type of meditation and yoga with a focused focus.

-:Precious stones

The gemstone of this thankful is bloodstone, sapphire, tiger eyes pearl, amber, moonstone, antique, garnet and coral.

Massage Therapy: -

Center massage 15 minutes (for specialists apply reflexology or shiatsu).

The Five Elements: -

The associated element is the element of drinking water and massaging with a warm wet towel on the center.

Energy breathing: -

Normal abdominal breathing is 7 times, specifically 7-1-7-2 or 6-3-6-3

Cupping and Chinese needles: -

Muddling by hand or pricking or cupping tapping cupping acupuncture

Herbs: -

Among the herbs and plants that stimulate them, we mention: gantryon, walnut, pine wood, elm wood, abu fur, willow, and kark.

Therapeutic colors: -

Orange.

Medicinal aromas: -

Its stimulating aromatic scents are rose, jasmine, cardamom, orange blossom, sandalwood.

Therapeutic Sounds: -

The music motivating her is Latin American music, and I prefer by personal experience the healing sounds of the Qur’an in the voice of the five sheikhs, with which God preserved the Qur’an for us:

Sheikh Abdul Basit Abdul Samad.

Sheikh / Mahmoud Khalil Al Hosary

Sheikh / Muhammad Siddiq Al-Minshawi

Sheikh / Muhammad Refaat

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Reasons for the weakness of the center

** Rather not regulating sleep and time.

** Alcoholic beverages, smoking, addiction to sedatives, and pork.

** Bad Karmic Rebounds.

** No forgiveness and abuse.

** Miserliness, theft, lying, laziness and betrayal.

Opening, cleaning, charging, and strengthening the chakra:

Maghrib prayer at its time is related to the center of sex and the polarization of the cosmic orange color of the chakra, praise and remembrance, and the names of God in particular the name of (the living). These are statistics based on measuring devices that repel the wave frequency of the founder, Ibrahim Karim. Do not forget the ."name, the name "Hayy

Performing aerobic exercises in general, whether in combat or harmonic techniques, such as tai chi, specifically Kegel exercises and pelvic stretches.

This gesture called mudra in Hindi opens the chakra for sex with deep, calm .breathing



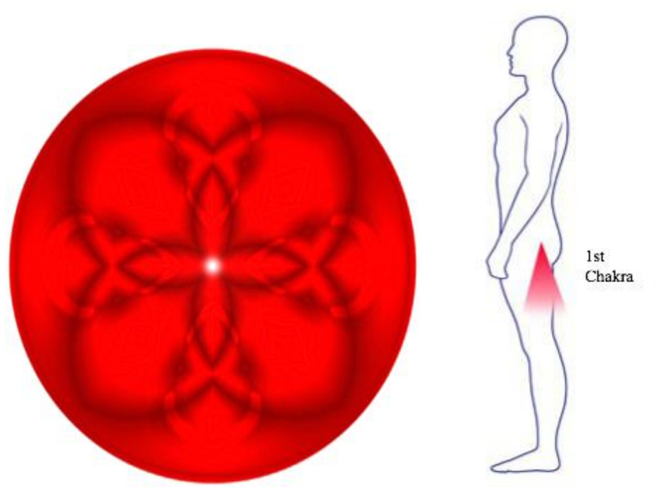
Note):

When this thankful is clean, the person's thinking will become positive, and his thinking will not be penetrated by any confused thoughts

The root base thank you - also called "Kundalini" and called Maladhara in Sanskrit. This chakra is centered - below the spine and the pubic bone in the front. The organs attached to it are the adrenal glands and the genitals, which is the coccyx bone directly, and it is the center of self-survival that we will emit from, and it is responsible for the main needs of life, security and safety. Work in material life or to obtain material needs, which control the amount of strength and well-being of a person, physical intensity, and dominate the genetic traits that are transmitted from generation to generation. It is also the center of feelings of safety and sensual ,emotions

It is responsible for your sense of security and your standing on solid ground, and determines the efficiency of your relationships in forming a family, work and earning money. The energy of success will come from this thankfulness. Its place between the genitals is responsible for the love of earthly desires, such as the love of money and food, and intolerance associated with the uterus in women and the prostate in men.

: The colors used for this thankful are red



Organic diseases:

Malignant tumors, malignant hematomas, leukemia, decreased vitality, allergies, bronchial asthma, impotence, arthritis, column problems

Spine, blood diseases, growth problems, cancer, wounds, slow fusion of fractured bones.

Psychological:

** Suicidal tendencies and rejection of reality and life.

** Loss of contact with physical reality

** Boredom, laziness and lethargy

Methods of Treatment :

Herbs:

Among the herbs that stimulate it are cedar wood, rosemary, clove, male gum, rosewood, .cypress wood, myrrh, oregano, black pepper, and ginger

Aromatherapy:

** The aromatic aroma that stimulates it is arum tree oil.

** tapping, cupping

** Healing music and sounds

** The music that motivates her is African and Cuban music that has the same rhythm, and I prefer, by personal experience, the healing sounds of the Qur'an in the voice of the five sheikhs with which God preserved the Qur'an for us:

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Sheikh / Muhammad Siddiq Al-Minshawi

Sheikh / Muhammad Refaat

Sheikh / Mustafa Ismail

Health traits (s):

If it is perfect, stable and saturated with energy it will have the following qualities:

Firmness, feeling like a central character, pride in oneself, feeling lively, loyal to your true qualities, self-confidence, security, patience, perseverance, determination, desire to enjoy life, taking responsibility. As for the defect, which is either a severe energy deficiency or an excessive

saturation with it If saturated:

You will feel greed, gluttony, selfishness, excessive self-esteem, excessive self-talk, arrogance, running after collecting money, violence, treachery, cunning, hyperactivity, excessive anxiety.

And in case of severe deficiency:

You will feel failure to achieve goals, a loss of self-confidence, a lack of balance, and .a feeling that you are not loved by others

As for the symptoms of insufficient energy, i.e. slight loss of energy, they are: Suicidal tendencies, lack of will, failure to achieve goals, panic, frustration, tendency to isolation, feeling lonely and alienated, and sexual incompetence.

How to activate it:

** One of the ways to revitalize it is to walk barefoot on dirt

** Techniques to help unlock the root chakra

** Use of the body and its feeling

** The root chakra is considered the first and most physical chakra.

Which means that any activity that makes you aware of your body will reinforce this chakra. This applies especially to physical activities.

We can do aerobic exercises: martial arts, walking, yoga, tai chi, everything is good. And also household chores such as arranging the house, washing dishes and the car. It is important not to do exercises that lead to pain and not to overdo it. Fatigue is .simply a performer

Zen Meditation It seems a far cry from physical training, but the opposite is true. It has the ability to strengthen self-awareness. This gesture called mudra in Hindi opens the root chakra with deep, calm breathing



Root strengthening:

The root chakra is the connecting channel between a person and the earth. Expressions such as "being on safe ground" or "standing on firm ground" express good connection and are thankful for an open root. "I feel that the ground on which I stand is shaky" means closed or nearly closed root chakra. And when the chakra root is closed tightly, you may feel that your feet are not touching the ground.

** This is an exercise to strengthen your connection with the Earth.

**Stand with your back straight.

**Spread your legs shoulder-width apart.

** Bend your knees slightly.

**Push the tub slightly forward.

**Distribute your balance and weight so that it is spread out over the soles of your feet.

** Lower your weight down.

.**Hold this position for several minutes

Tighten the internal muscles:

By tightening the internal muscles between the anus and the genitals, we stimulate the root chakra. Tense these muscles with each inhale and allow them to be released with each exhalation. Do this for several minutes.

This exercise can be performed either walking, sitting, or standing. According to your desire. ((The root / base chakra)) This chakra is located at the bottom of the spine.

It controls, charges and strengthens the entire physical body and controls the muscular and skeletal systems and the spine, so it is responsible for blood production and the quality of blood produced. The root chakra also controls and charges the adrenal glands, body tissues, and internal organ tissues, in addition to its effect on the sexual organs, body temperature and overall vitality. It also affects the .growth of infants and children

When the root chakra defect occurs, it manifests itself in some organic diseases such as arthritis, spine diseases, blood diseases, growth problem, low vitality and slow wound healing, in addition to cancer.

And because it is associated with vitality and activity, we find elderly people who usually have chakra root bleeding, their bodies are weak and their spine tends to curve and they have joint pain As for the

psychological functions of the root chakra: -

It is the center of self-preservation and survival instinct as it is thankful for verb. When there is bleeding or a decrease in the activity of the root chakra, we find these people suffer from depression, have suicidal tendencies, or find it difficult to find .work despite their competence

Indeed, people who tend to make plans and are unable to implement them and have a tendency to procrastinate need to activate the root chakra because it is bleeding .and small

In the case of those who suffer from insomnia, children who are hyperactive, and managers who are active and successful, then the root thank they are energized, large, and sometimes hyperactive.

Glory be to God, so it is no wonder that all that we have mentioned about that thanking the root is that it is grateful for survival, and it is the coccyx that told us the most compassionate of creation, Muhammad p.

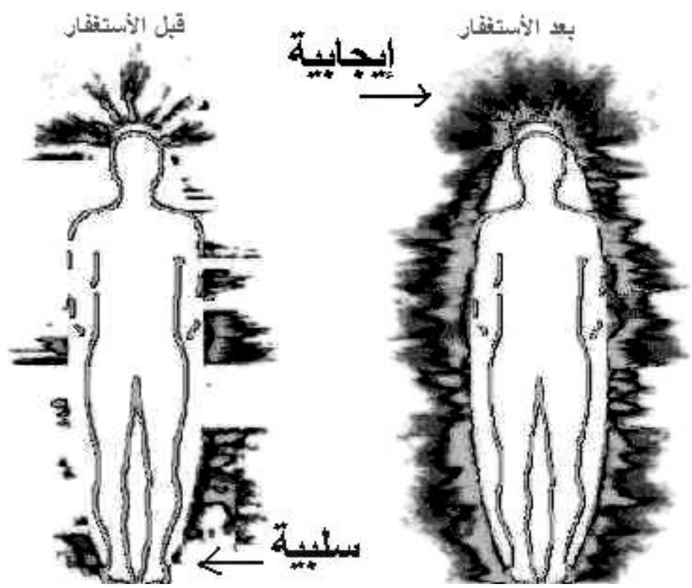
From him he was created, and on him he is installed. " Whereas, the tailbone is the .initial strip that is formed following the appearance of the fetus

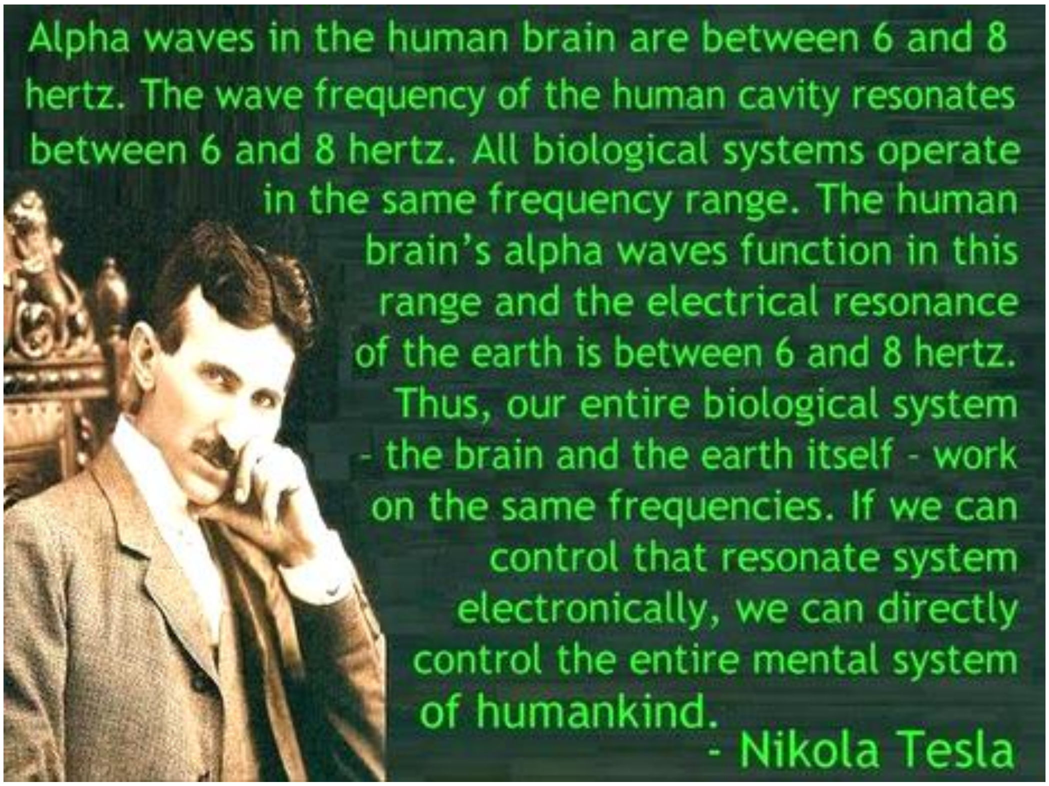
The initial streak appears for the first time on the fifteenth day since the start of fertilization.

Rapid division and proliferative growth appears in the first strip, the formation of the nervous system and the beginning of the formation of organs that lasts from the beginning of the fourth week to the end of the eighth week, so that at the end of this period the fetus has completed the presence of all the basic organs in it, and its organs were formed, leaving only the minute details and growth. When the first strip of his mission ends in the fourth week, it begins to disappear, leaving nothing but the tailbone (coccyx). The small remnants of the first tape will remain forever, and they .are the ones we will resurrect on the Day of Resurrection

الشاكرات وأوقات الصلاة

الشاكرا	اللون الممتص	الغدة	وقت الصلاة	الجهاز المسئول عنها
الجذر	أحمر	فوق كلوية	العشاء	العمود الفقري والكلى
الجنس	برتقالي	التناسلية	المغرب	الجهاز التناسلي
الضفيرة الشمسية	أصفر	البنكرياس	العصر	المعدة والكبد والمرارة
القلبية	أخضر	الزعترية	الظهر	القلب ، الدم ، الجهاز الدوري
الحلق	أزرق	الدرقية	الضحى	الجهاز التنفسي والقناة الهضمية
الجبهة	نيلي	النخامية	الصبح	الدماغ والعين اليسرى والأذن والأنف والجهاز العصبي
التاج	بنفسجي	الصنوبرية	قيام الليل	قشرة الدماغ والعين اليمنى




Alpha waves in the human brain are between 6 and 8 hertz. The wave frequency of the human cavity resonates between 6 and 8 hertz. All biological systems operate in the same frequency range. The human brain's alpha waves function in this range and the electrical resonance of the earth is between 6 and 8 hertz. Thus, our entire biological system - the brain and the earth itself - work on the same frequencies. If we can control that resonate system electronically, we can directly control the entire mental system of humankind.
- Nikola Tesla

الغدد الصماء وهرموناتها

الغدة	الشاكرا المسئولة	الهرمون المفرز	الوظيفة الرئيسية للهرمون
النخامية الخلفية	أجنا	هرمون مضاد التبول (الفايزوبريسين)	يحفز إعادة امتصاص الماء بواسطة الكلى
		الأوكسيتوسين	يحفز تقلص عضلة الرحم ، وتحرير الحليب من غدد الثدي
		هرمون النمو (السوماتوتروبين)	يحفز انقسام الخلية وتخليق البروتين ونمو العظم
		البرولاكتين	يحفز نمو الثديين وتكوين الحليب وإفرازه
		الهرمون المحفز للخلية الميلانية	تنظيم لون الجلد في الفقريات الدنيا ، وظيفته غير معروفة في الإنسان
		الهرمون المحفز للدرقية	يحفز الغدة الدرقية
		الهرمون المحرض لقشرة الكظرية	يحفز قشرة الكظرية لإفراز هرموناتها
		هرمونات الكونادوتروبينات	تنظيم تكوين الامشاج والهرمونات الجنسية
الدرقية	الحلق	الثايروكسين	يزيد معدل الأيض ويساعد في تنظيم النمو والتطور
		الكالسيتونين	يقلل الكالسيوم في الدم
جارة الدرقية	الحلق	هرمون جارة الدرقية	يقلل الكالسيوم في الدم
لب الكظرية	الجذر	النور إيبنفرين	يحفز استجابات الكر أو الفر ، ويزيد جلوكوز الدم
البنكرياس	الضفيرة الشمسية	الأنسولين	يقلل جلوكوز الدم ويحفز تكوين الكلايكوجين والبروتين والشحوم
		الكلوكاكون	يزيد جلوكوز الدم ويحفز تجزئة الكلايكوجين والبروتين والشحوم
الخصي	الجنس	الأندروجينات - التستوستيرون	تحفز تكوين النطف والصفات الجنسية الثانوية وتحافظ عليها
المبايض	الجنس	الأستروجين - والبروجستيرون	تحفز بطانة الرحم ، تحفز الصفات الجنسية الثانوية والأنثوية وتحافظ عليها
الصعترية	القلب	الثايموسينات	تحفز نضج الخلايا الليمفاوية
الصنوبرية	التاج	الميلاتونين	يسهم في تنظيم عملية اليقظة والنوم وتقوية الإحساس بالصحة وتقوية جهاز المناعة

Diseases and their psychological:

Scientist Louise Hay after conducting thousand of studies on diseases and their reiationship to the psychological state of the man, discovers that there is a direct reiationship between what a person suffers physically and internal psychological

Conflicts, and this is why she identified many organic diseases and knew the psychological causes that lrd to them as shown in the following table:

Number	Orgain disease	Psychological reason
1	Lymphatic congestion	Suffering from energy change in the body
2	Addiction	Self rejection _fear_ losing love
3	Alcoholism	Feeling messy _loss of message in life _ feeling inadequate or inadequate _extreme shame_ self rejection .
4	Pain ear	Anger_ not wanting to listen
5	Insomnia	Tension _ reprimand _lake of confidence in the course of life.
6	Diarrhea	Getting rid of thoughts very quickly _fear_ rejection of the past.
7	Fingers	Represent the details of life.
8	Thumbs	Represent thought and anxiety.
9	Index fingres	Represent ego and fear.
10	Middle toes	Represent anger and sex.
11	Pinky fingers	Represent feet and firmness .
12	Ring finger	Represent family and representation.
13	Problems fingers	Grumbling about life's details _ safety.
14	Problems Nerves	Problem's with connection _ suffering_ wheel
15	Depression	Anger that you feel you have no right to _ despair..
16	Eczema	Increased sensitivity _ mental revolution.
17	Bags	Wrong growth _ bone trauma_ pain.
18	Bronchitis	Constant argument and screaming _sometimes along silence .
19	Multiple Sclerosis	Difficulty of mind _ hardness of heart _ stress.
20	Arthritis	Cruelty , resentment , criticisim ,lake of love .
21	Alzheimers	Loss of hope _ anger .
22	Pain	Congestion _ blockage _the victim role
23	Chronic diseases	_ refusal to change _fear of the future _insecurity

24	إمساك	التمسك بأفكار سلبية قديمة – الانحصار بالماضي
25	أمعاء (التهاب)	عائلة مبالغة في المطالب – اضطهاد – خسارة – الحاجة العاطفية
26	أمعاء (مشاكل)	الخوف من التسليم للقديم ولا حاجة له الآن
27	انتفاخ الجسم بالسوائل	عدم التسليم – التعلق بشيء أو شخص
28	انزلاق غضروفي	عدم اتخاذ القرار – عدم الشعور بالعون من قبل الآخرين
29	أنف (الزائدة)	احتكاكات عائلية – جدال – طفل يشعر بعدم الترحيب
30	أنف (سيلان)	طلب المساعدة – بكاء داخلي
31	أنف (محشو)	عدم إدراك القيمة الذاتية
32	أنف (نزيف)	الحاجة للاعتراف – الشعور بعدم الملاحظة – الحاجة للحب
33	انفلونزا	ردة فعل تجاه سلب مكثف وقناعات – الخوف – القناعة بالإحصاءات
34	انقطاع الدورة (مشاكل)	الخوف من فقدان رغبة الآخرين – رفض الذات – الخوف من الشيخوخة
35	أنوركسيا (مرض فقدان الشهية)	رفض الحياة للذات – خوف متطرف – كراهية – رفض للذات
36	أورام	نمو خاطئ – صدمات وجروح مستترة
37	إيدز (مرض فقدان المناعة)	الشعور بفقدان الدفاع والشعور بفقدان الأمل – لا أحد يهتم – إيمان قوي بعدم الكفاية – رفض الذات – تأنيب جنسي
38	بثور	مقاومة – فقدان الحماية العاطفية
39	برد	التشويش – فقدان النظام – الآلام البسيطة
40	بروستاتا	الاستسلام – الخسارة – التأنيب – ضغوط جنسية – الاعتقاد بالشيخوخة
41	بواسير	أعباء – ضغوط – توتر – خوف – الخوف من التسليم
42	تأتأة	عدم الأمان – فقدان القدرة على التعبير
43	تبول لا إرادي (السرير)	الخوف من الوالدين (غالبا الأب) – الخوف من العقاب
44	تعب	مقاومة – ملل – فقدان الحب في العمل
45	تقرح	أمور تؤرق الشخص – القلق – الخوف – الضغوط – الاعتقاد بوجود ضغط
46	تناسلية	تأنيب جنسي – الشعور بأن الأعضاء التناسلية قذرة أو معصية – الحاجة للعقاب أو التعبير عنها
47	تناسلية (هيربس)	اعتقاد مكثف بالتأنيب الجنسي والحاجة للعقاب – عار اجتماعي – الاعتقاد برب معاقب شديد – رفض الأعضاء التناسلية
48	تنفس (مشاكل)	الخوف أو رفض أخذ الحياة بالكامل – عدم الشعور بالحق في أخذ مكان أو حتى التواجد فيه
49	توازن (فقدان)	أفكار مشتتة – عدم التركيز
50	ثآليل	الاعتقاد بالقبح – التأنيب وكراهية الذات

51	الثدي (مشاكل)	رفض الاهتمام بالنفس – تقديم الآخرين على الذات – أمومة زائدة مع ألم – حماية زائدة
52	جدري الماء	حرمان عصبي مزمن
53	جروح	عقاب لعدم اتباع قوانينك الشخصية
54	جلد (التهابات)	غضب مكبوت وعقاب الذات
55	جلد (طفح جلدي)	مخاوف صغيرة مخبأة
56	جلد (مشاكل)	تهديد للذات – فقدان الأمل – عدم الصبر – الطفح الجلدي – بحث عن الاهتمام بالطريقة الطفولية
57	جلطة دماغية	رفض الحياة – عنف تجاه النفس – مقاومة متطرفة
58	جنس (ضعف)	ضغط جنسي – توتر – تأنيب – اعتقادات اجتماعية – حقد تجاه شريك سابق – الخوف من الألم
59	جنون	الهروب – الانسحاب – انعزال عنيف من الحياة – الهروب من العائلة – رفض الواقع بشدة
60	جيوب (مشاكل)	حساسية تجاه أحد قريب
61	حب الشباب	عدم قبول الذات – كراهية الذات
62	حبس السوائل	الإمساك بالأفكار – المشاعر والخوف من خسارة شيء بشدة
63	حدبة	غضب من الماضي – استياء متزايد
64	حرارة	غضب
65	حرقة	خوف – خوف – خوف – التعلق بالخوف
66	حروق	غضب – غليان داخلي – تحرش أو اعتداء طفولي
67	حساسيات	حساسية تجاه الآخرين أو أشخاص معينين – رغبات خاطئة – تجاهل القوة الذاتية
68	حكة	رغبات غير معينة – ندم – عقوبة للتأنيب
69	حمى	غضب شديد
70	حمى الهشيم	مشاعر محتقنة – معتقدات وخوف من الالتزامات
71	حنجرة (التهاب)	الخوف من التعبير بالصوت – استياء من السلطة – غضب
72	حنجرة (مشاكل)	هي سبيل للتعبير عن غضب مكبوت أو جرح عاطفي مبلوع
73	حوادث	الثورة ضد السلطة – الإيمان بالعنف – عدم القدرة على التحدث أو الدفاع عن النفس
74	خدور	إمساك مشاعر الحب أو التراجع
75	خراج	ألم – إهمال – إنتقام
76	خصر (مشاكل)	خوف من التقدم بقرارات رئيسية – لا شيء للتحرك من أجله للأمام
77	درن	أنانية – تملك – قسوة – مرض مخسر
78	دم (اللوكيميا)	قتل الإلهام بقسوة (ما الفائدة؟؟؟؟)
79	دم (مشاكل)	فقدان البهجة – فقدان دورة الأفكار والإبداع – التفكير المتحجر

80	دم (نزيف)	انقضاء المتعة – غضب
81	دوار البحر	الخوف – الخوف من الموت
82	دوالي الساقين	سلبية – مقاومة – مبالغة في العمل – الاستمرار على عمل مكروه – دوران أفكار مغلق – تثبيط
83	دوخة	أفكار مشتتة ومتطايرة – رفض النظر
84	دوخة السيارة	خوف – الشعور بالعبودية أو الوقوع بالفخ
85	دورة (مشاكل)	رفض الأنوثة – تأنيب – الخوف – القناعة بأن الأعضاء الخاصة قذرة أو معصية
86	رائحة من الجسد	خوف – كراهية الذات – خوف من الآخرين
87	رئة (التهاب)	يأس – تعب من الحياة – جرح عاطفي – اضطراب داخلي
88	رئة (مشاكل)	الخوف من أخذ أو عطاء الحياة – اكتئاب – حزن شديد
89	رئة (نمونيا)	اليأس – تعب من الحياة – جروح عاطفية لم يسمح لها بالتشافي
90	ربو	حساسية زائدة – حب مكبوت – كتمان البكاء – الشعور بالاختناق
91	رضوض	التأثر بضربات الحياة الصغيرة
92	رقبة (مشاكل)	عدم الليونة – رفض رؤية جوانب المشكلة – السؤال العنيد – تصلب الرأي
93	ركبة (مشاكل)	تشدد وتأنيب – خوف – غرور – كبرياء – كرامة – عدم القدرة على الإنحناء والليونة
94	روماتيزم	فقدان الحب – الاستياء – الشعور بالمرارة المزمنة – الانتقام
95	زائدة دودية	خوف – الخوف من الحياة – توقيف استمرارية الطاقة
96	زيادة الوزن	عدم الشعور بالأمان – رفض الذات – البحث عن حب – حماية الجسد – محاولة إشباع الذات – الخوف من الخسارة
97	ساق (مشاكل)	خوف من المستقبل – خوف من التقدم
98	سرطان	حزن عميق مخفي يأكل في الداخل – غل وعدم مسامحة – استياء مزمن
99	سكر	شعور عميق بالأسى – فقدان السعادة في الحياة
100	سمنة	حساسية زائدة – تمثل في الغالب خوف وتظهر الحاجة للحماية – الخوف قد يكون غطاء لغضب مكبوت ومقاومة للغفران
101	سوء امتصاص الغذاء	عدم القدرة على بلع بعض الأشياء في الحياة أو المعاناة المستمرة
102	شرايين (مشاكل)	مقاومة – شد – عقل غير منفتح (منغلق)
103	شقيقة (صداع نصفي)	مقاومة سريان الحياة – إسراف في المشاعر – خوف جنسي
104	شهية (شراهة)	خوف – الحاجة للحماية – الحكم على المشاعر
105	شهية (فقدان)	انظر (أنركسيا)

80	دم (نزيف)	انقضاء المتعة – غضب
81	دوار البحر	الخوف – الخوف من الموت
82	دوالي الساقين	سلبية – مقاومة – مبالغة في العمل – الاستمرار على عمل مكروه – دوران أفكار مغلق – تثبيط
83	دوخة	أفكار مشتتة ومتطايرة – رفض النظر
84	دوخة السيارة	خوف – الشعور بالعبودية أو الوقوع بالفخ
85	دورة (مشاكل)	رفض الأنوثة – تأنيب – الخوف – القناعة بأن الأعضاء الخاصة قذرة أو معصية
86	رائحة من الجسد	خوف – كراهية الذات – خوف من الآخرين
87	رئة (التهاب)	يأس – تعب من الحياة – جرح عاطفي – اضطراب داخلي
88	رئة (مشاكل)	الخوف من أخذ أو عطاء الحياة – اكتئاب – حزن شديد
89	رئة (نمونيا)	اليأس – تعب من الحياة – جروح عاطفية لم يسمح لها بالتشافي
90	ربو	حساسية زائدة – حب مكبوت – كتمان البكاء – الشعور بالاختناق
91	رضوض	التأثر بضربات الحياة الصغيرة
92	رقبة (مشاكل)	عدم الليونة – رفض رؤية جوانب المشكلة – السؤال العنيد – تصلب الرأي
93	ركبة (مشاكل)	تشدد وتأنيب – خوف – غرور – كبرياء – كرامة – عدم القدرة على الإنحناء والليونة
94	روماتيزم	فقدان الحب – الاستياء – الشعور بالمرارة المزمنة – الانتقام
95	زائدة دودية	خوف – الخوف من الحياة – توقيف استمرارية الطاقة
96	زيادة الوزن	عدم الشعور بالأمان – رفض الذات – البحث عن حب – حماية الجسد – محاولة إشباع الذات – الخوف من الخسارة
97	ساق (مشاكل)	خوف من المستقبل – خوف من التقدم
98	سرطان	حزن عميق مخفي يأكل في الداخل – غل وعدم مسامحة – استياء مزمن
99	سكر	شعور عميق بالأسى – فقدان السعادة في الحياة
100	سمنة	حساسية زائدة – تمثل في الغالب خوف وتظهر الحاجة للحماية – الخوف قد يكون غطاء لغضب مكبوت ومقاومة للغفران
101	سوء امتصاص الغذاء	عدم القدرة على بلع بعض الأشياء في الحياة أو المعاناة المستمرة
102	شرايين (مشاكل)	مقاومة – شد – عقل غير منفتح (منغلق)
103	شقيقة (صداع نصفي)	مقاومة سريان الحياة – إسراف في المشاعر – خوف جنسي
104	شهية (شراهة)	خوف – الحاجة للحماية – الحكم على المشاعر
105	شهية (فقدان)	انظر (أنركسيا)

106	شلل	الخوف – الهروب – المقاومة – الصدمة
107	شيب	قلق – اعتقاد بالضغط والانحصار
108	شيخوخة	قناعات اجتماعية : تفكير قديم غير متجدد ، رفض للآن
109	صداع	توتر – انزعاج عاطفي – مشاعر مؤلمة – تشكك – خوف
110	صداع	مخالفة الذات – النقد الذاتي – خوف
111	صداع (نصفي)	مقاومة جريان الحياة – مخاوف جنسية
112	صدر (أكياس تقرحات)	أمومة زائدة – حماية زايدة – سلوكيات متغطرسة
113	صدفية	عدم الأمان العاطفي – اعتقاد بأن شخصا يجبرني على السير في الطريق الخاطئ
114	صرع	رفض الحياة – عنف تجاه النفس – شعور بالاضطهاد أو المعاقبة
115	صلع	خوف – توتر – محاولة التحكم في كل شيء – عدم الثقة بعملية الحياة
116	صمم	عدم الرغبة بالسماع – رفض – عناد – عزلة
117	ضغط الدم	العالي : مشاكل عاطفية غير محسومة منذ زمن المنخفض : الهزيمة – الاكتئاب والأسى
118	ظهر (مشاكل)	العلوي : فقدان الدعم المعنوي – كبت المحبة – الشعور بعدم المحبة الوسط : تأنيب – التوسط في مشكلة أو مسألة السفلي : فقدان الدعم المادي – الخوف من الأموال
119	عجز جنسي	ضغط جنسي – توتر – تأنيب – قناعات اجتماعية تقليدية – استياء تجاه أفعال وعلاقات سابقة
120	عرق النسا	الخوف من المال – والخوف من المستقبل
121	عسر الهضم	الخوف – الرهبة – القلق
122	عصبية	خوف – قلق – تفكير مضطرب
123	عظام (كسور)	صدام ضد السلطة
124	عظام (مشاكل)	الثورة ضد أفراد في السلطة – فقدان الدعم
125	عظام (تشوه)	ضغوط ذهنية وشد – فقدان السلاسة الذهنية
126	عظام (هشاشة)	الشعور بعدم تبقي أي دعم في الحياة
127	عين (إعتام العين)	الشعور بمستقبل مظلم – عدم القدرة على رؤية المستقبل
128	عين (التهاب الجفن)	غضب وإحباط تجاه ما تنظر إليه في الحياة
129	عين (الماء الأزرق)	ضغوط عاطفية مزمنة
130	عين (بعد النظر)	خوف من الحاضر
131	عين (جفاف)	رفض النظر بحب – تفضيل الموت على الغفران – حقد وغل
132	عين (حول)	عدم الرغبة في الموجود – مقاصد متضاربة وعدم تحديد الأهداف بدقة
133	عين (قصر النظر)	الخوف من المستقبل

134	عين (مشاكل)	عدم محبة ما يشاهد – خوف من المستقبل – عدم رؤية الحقيقة ببصيرة
135	عين (نشاط زائد)	خوف – الشعور بالضغط
136	غازات (آلام)	التمسك بأفكار غير مهضومة
137	غثيان	خوف – عدم القدرة على التحمل
138	غدد (مشاكل)	عدم التوازن – فقدان النظام – تزيع وتنسيق ضعيف
139	غيبوبة	خوف – الهروب من شيء أو شخص
140	فتاق	إجهاد – ضغوط ذهنية – جلد الذات – غضب – تعبير إبداعي سلبي
141	فقر دم	فقدان البهجة – فقدان الاهتمام بالحياة – الخوف من الحياة
142	فقدان الذاكرة	حذف – الهروب من الواقع والحياة – عدم القدرة على الوقوف للنفس
143	فك (مشاكل)	غضب – استياء – رغبة في الانتقام
144	فم (رائحة كريهة)	سلوكيات فاسدة – رداءة في الحديث – غيبة الآخرين – تفكير خاطئ أو عنيف
145	فم (مشاكل)	عدم القدرة على تقبل الأفكار – آراء محصورة – عقول مغلقة
146	قدم (مشاكل)	خوف من المستقبل ومن التقدم للأمام الأصابع : التخوف من تفاصيل دقيقة في الحياة
147	قرص (حيوان)	غضب منعكس على الداخل – الحاجة للعقاب
148	قرص (حشرة)	تأنيب تجاه أمور صغيرة
149	قضم الأظافر	الحقد على الوالدين أو أحدهما – تآكل النفس
150	قلب (صدمة)	منع التمتع وعصره عن طريق إخراجه من القلب من أجل مال أو منصب أو جاه
151	قلب (مشاكل)	مشاكل عاطفية حادة منذ زمن طويل – فقدان البهجة والسعادة – رفض الحياة – الاعتقاد بالضغط الشديد والتوتر
152	قلق	عدم الثقة بمجريات عملية الحياة – فقدان الإيمان بالله
153	قولون	التمسك بالماضي – الخوف من التسليم
154	كبد (التهاب)	خوف – غضب – كراهية – مقعد الغضب والمشاعر البدائية
155	كبد (مشاكل)	اكتئاب – كبت – شكاوى مزمنة – الكبد مستقر الغضب
156	كبد (فايرس سي)	مقاومة التغيير – خوف – غضب – كراهية
157	كتف (مشاكل)	الحمل الثقيل أو المرهق – الكثير من الافتراضات السلبية الثقيلة
158	كحة	توتر – انزعاج – نقد مستمر – التعثر في التقدم في الحياة
159	كساح	فقدان المشاعر العاطفية – فقدان الحب والأمان
160	كلية (حصوة)	بقايا غضب غير محلل أو لم يسامح
161	كلية (مشاكل)	نقد – حساسية – خيبة أمل – إحباط – خوف

162	كوليسترول	إعاقة قنوات البهجة – الخوف من قبول البهجة
163	لامبالاة	مقاومة المشاعر – خوف – عزل الذات
164	لثة (مشاكل)	عدم القدرة على دعم القرارات متى ما اتخذت
165	لثة (نزيف)	فقدان البهجة في القرارات المتخذة في الحياة
166	لحميات (الجيوب الأنفية)	خلافات واحتكاكات عائلية – طفل لا يشعر بأنه محبوب (يعاقب بشدة مثلا)
167	لوز (التهاب)	عواطف ومخاوف مكبوتة – غضب مسيطر
168	مثانة (مشاكل)	قلق الاحتفاظ بأفكار قديمة – التذمر – الخوف من التسليم
169	مخ (ورم)	معتقدات خاطئة مبرمجة – عناد – رفض للواقع – ورفض تغيير أنماط قديمة (تصارع الواقع)
170	معدة	عدم القدرة على امتصاص الأفكار – الخوف من الأفكار الجديدة
171	مغص	شدة في التمسك – التمسك بالعادات القديمة – التمسد بشدة بما تربى عليه أو بما يقتنع به ومقاومة التغيير
172	مفاصل (جيوب)	غضب مكبوت – رغبة في ضرب أحد
173	ملاريا	اضطراب التوازن مع الطبيعة ومع الحياة
174	مهبل (التهاب)	تأنيب جنسي – الشعور بفقدان أحد أو أحد محبب
175	موت	يعبر عن ترك ظلم الحياة
176	نقرس (داء المفاصل)	عدم الصبر – غضب – هيمنة
177	نقص السكر	عدم توازن في النظام – فقدان البهجة
178	ورك (مشاكل)	الخوف من التقدم في قرارات مصيرية
179	يد (مشاكل)	عدم القدرة على القبض وإطلاق الأفكار – الخوف من الأفكار الجديدة
180	يرقان	العنصرية – قناعات غير ملونة أو ضد الألوان

فضلا انتبه :

علاج المصدر والتعامل معه هو فقط العلاج الحقيقي للمرض ، غير ذلك يعتبر مسكن أو مكبت يؤدي لظهور مرض آخر مما يسبب استمرار المعاناة

الأمراض وأسبابها النفسية :

اكتشفت العالمة (لويز هاي) بعد عقد آلاف الأبحاث حول الأمراض وعلاقاتها بالحالة النفسية للإنسان أن هناك علاقة مباشرة بين ما يعاني منه الإنسان جسديا وبين الصراعات النفسية الداخلية ، ولهذا قامت بتحديد العديد من الأمراض العضوية ومعرفة الأسباب النفسية التي أدت إليها كما يوضح الجدول التالي :

رقم	المرض العضوي	السبب النفسي
1	احتقان لمفاوي	معاناة من تغيير الطاقة وعدم مرونة الجسد
2	إدمان	رفض الذات – خوف – فقدان الحب
3	إدمان الكحول	الشعور بالعبث – ضياع الرسالة في الحياة – الشعور بعدم الملاءمة أو الكفاية – خجل شديد – رفض الذات
4	أذن (ألم)	غضب – عدم الرغبة في الاستماع – خلافات الوالدين
5	أرق	توتر – تأنيب – عدم الثقة بمجريات الحياة
6	إسهال	التخلص من الأفكار بسرعة شديدة – خوف – رفض الماضي
7	أصابع	تمثل تفاصيل الحياة
8	أصابع (الإبهام)	يمثل الفكر والقلق
9	أصابع (السبابة)	يمثل الأنا والخوف
10	أصابع (الوسطى)	يمثل الغضب والجنس
11	أصابع (الخنصر)	يمثل الإقدام والحزم
12	أصابع (البنصر)	يمثل العائلة والتمثيل
13	أظافر (مشاكل)	التذمر بخصوص تفاصيل الحياة – الأمان
14	أعصاب (مشاكل)	مشاكل في الاتصال – المعاناة – العجلة
15	اكتئاب	غضب تشعر بأنه ليس لك الحق فيه – اليأس
16	أكزيما	حساسية زائدة – ألم الذات أو الشخصية – معاداة مبالغ فيها – ثورة ذهنية
17	أكياس	نمو خاطئ – صدمات العظام – آلام
18	الالتهاب الشعبي	بيئة عائلية ملتهبة – جدل وصراخ مستمر – بعض الأحيان صمت طويل
19	التصلب المتعدد	صعوبة الذهن – قسوة القلب – إرادة حديدية – تشدد
20	التهاب المفاصل	قسوة – استياء – نقد – عدم الشعور بالحب
21	الزهايمر	رفض التعامل مع العالم كما هو – فقدان الأمل – غضب
22	ألم	احتقان – انسداد – دور الضحية (الاسترقاق)
23	أمراض مزمنة	رفض التغيير – خوف من المستقبل – عدم الشعور بالأمان

Bioenergetic therapy Reflexology and Sujok technique (Reflexology)

What is reflexology is a science concerned with studying and exerting pressure - in a scientific way - on certain points on the hands and feet, especially the feet, but Sujok is specific to the hands, and these points are called reaction zones. This science is classified as a complementary medicine to the classical medicine we heal with. Reflexology aims to help the body regain its natural balance. Positive conditions arise that help him treat himself by himself, due to the reflection of the health condition on the feet, and because of the close contact between the various organs, nerves, and glands in the body, and between specific reaction areas in the sole of the foot, toes, extremities and sides of the feet, by means of the neural network

Where the feet have 7,200 nerve endings, which connect to the rest of the body. Through the spinal cord and the brain.

History of reflexology:

The historical roots of reflexology go back 5,000 years in China. A Pharaonic stela was also found on Saqqara, dating back to 2330 BC. The first study in this science was published in 1582 AD

by Dr. "Adamus" and Dr. "Atatis". Dr. Bill Leibnig followed suit by publishing another study. The largest and most important American doctor "William Fitzgerald" has accomplished

Among these effects: Elimination of muscle, psychological, and mental tensions, which negatively affect public health. Hypotheses and rules: If we replace therapy tools with reflexology - the therapist's thumb or the piece of wood - by pressing the body against pebbles and stones. By imposing the correctness of the place (meaning that the place is free of contaminants that may cause damage, such as shattered glass, for example) in return for the cleanliness of the reflexology tools. In comparison with the most important rules of reflexology, which are: The hardened or painful point in the foot is activated - by pressing on it - provided that the pressure does not exceed half a minute, and that any hard or painful point is treated even if the therapist or patient does not know which organ to follow, Because if there was no problem with the member of this point in the foot, there would be no .stiffness or pain

However, the areas are treated randomly, and the duration of pressure will not be more than half a minute unless you deliberately not walk. However, when walking barefoot there will be no treatment for the points on the back and side of the feet. Nevertheless, it is possible to conclude some benefits of this type of walking compared to reflexology and in general and briefly as follows:

Walking barefoot and its effect on the body:

Pressing the reaction areas in the foot for some time while walking barefoot, urges the liver, colon, skin, and lungs to carry out their vital functions, and the toxins contained in them are extracted away from the body. Also, we can - as it is analogous in the science of reflexology - to recognize the presence of defects in any organ in the body, even if the presence of a defect in that organ has not been detected, and that is the severity of the pain that occurs at the reflex point and not .others in the foot

The process of pressing the body to the reflex point sends out a wave of activity - oxygen, food ... - that stimulates the circulatory system and nerves. To help the injured member, and eliminate clots, and congestions that exist in it. As we know, good blood circulation is the basis of a healthy life, and stagnation of it leads to the

premature death of many cells, such as a pond that becomes full of algae and at its end it turns into a solid crust. This is exactly what would happen if cells in all parts of the body were deprived of a generous blood circulation of oxygen and energy, which is present - for example - in healthy food, in the fresh air filled with oxygen, and the energy emitted around us, and by stimulating reflexes by pressing on them as a . .result of walking barefoot for some time

,

Walking barefoot and its effect on the soul and mind:

This type of walking provides the body with the necessary vitality and energy. For example: blood flow to cells of the body loaded with oxygen

And energy, it fights all cases of chronic fatigue and laziness. And it also works to remove negative feelings. And it restores the organic and intellectual balance. This, in turn, helps to manifest ideas, increase the ability to focus and pay attention, and helps to remove the psychological pressure that destroys the body's immunity, and makes it vulnerable to infection with organic diseases.

Walking barefoot and energy:

Often the points on the feet are more painful than in the hands and the rest of the body, because according to the law of gravity, and we stand a lot on our feet, certain substances are deposited that cause the paths or currents of electromagnetic energy to close. By pressing on these stiff points, it helps open channels for this energy. It is possible - through direct contact - for the vibrations of the energies emitted by ... minerals and colors in gravel and stones

That these energies travel in their orbits in a natural motion, thus returning vitality to all the members of these paths

Walking barefoot and its effect on the soul:

the spiritual aspect is called obedience. And walking barefoot is obedience to the command of our Messengers and our Master (H). And the process of remembering the reward - which God prepared for those who obeyed his command in the hope of God’s generous face - in this world and in the hereafter also increases the strength of faith and a reassuring heart. Just as reflexology is limited in its capabilities - with it it cannot stop any drug treatment or abstain from performing any surgery - so we can say about the possibility of walking barefoot as well. Walking barefoot for some time can be considered a complementary, preventive treatment, as it is in reflexology.

This is evident in the advice of some modern medicine doctors for some medical conditions:

Such as fungi in the feet, or so-called athlete's foot disease, or varicose veins or painful flat feet. The question of how much time we need to walk? How many times do we walk a week? The answer to them depends on: the nature of the ground and the size of the gravel that we will walk on, the thickness of the skin of the foot, the weight, the age, the amount of pressure on the foot, and how this pressure is distributed .... Such questions are the subject of the fundamental disagreement between those who advocate the importance of walking barefoot, and between Opponents of researchers in modern medicine, see, for example. If we wait until the answers to all questions are completed by scientific research, and until they reform ,the two teams

I expect that we will miss much of this year's judgment and this. The answer to these questions lies - from my point of view - in a word from the most popular of the word (e) "sometimes", as it fulfills the purpose as understood by the applied for this year. Among the best religious and mental standards:

… Every human being has insight, no harm or harm

. And the science of Sujok is Korean medicine and it is one of the fastest modern treatment methods: -

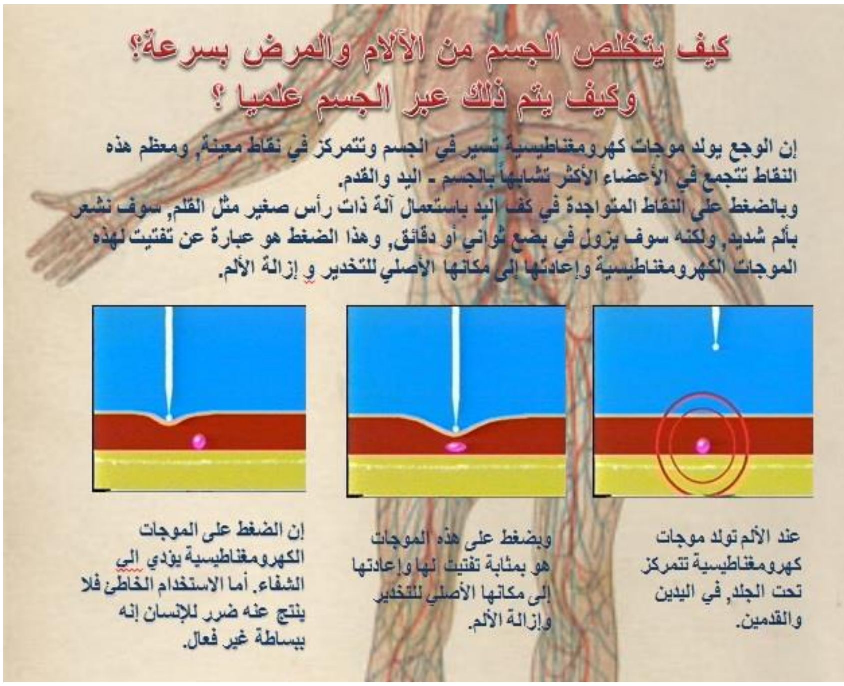
It was founded by the scientist Dr. Park Jiwu and the philosophy of this science is the closest thing to Chinese acupuncture, but this treatment technique is practiced by pressing the energy points or in the language of human medicine the nerve limbs associated with the organ and here the founder used the treatm



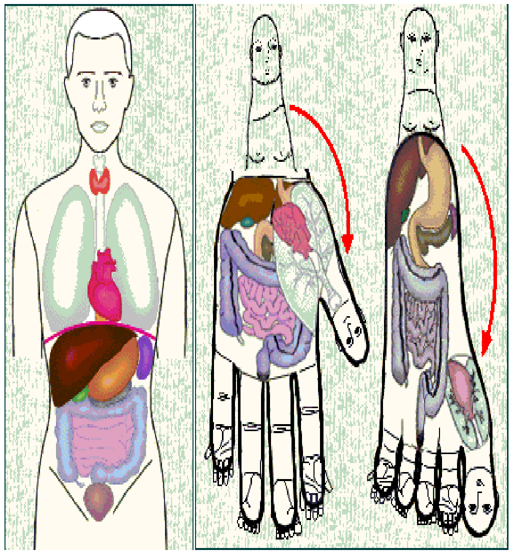


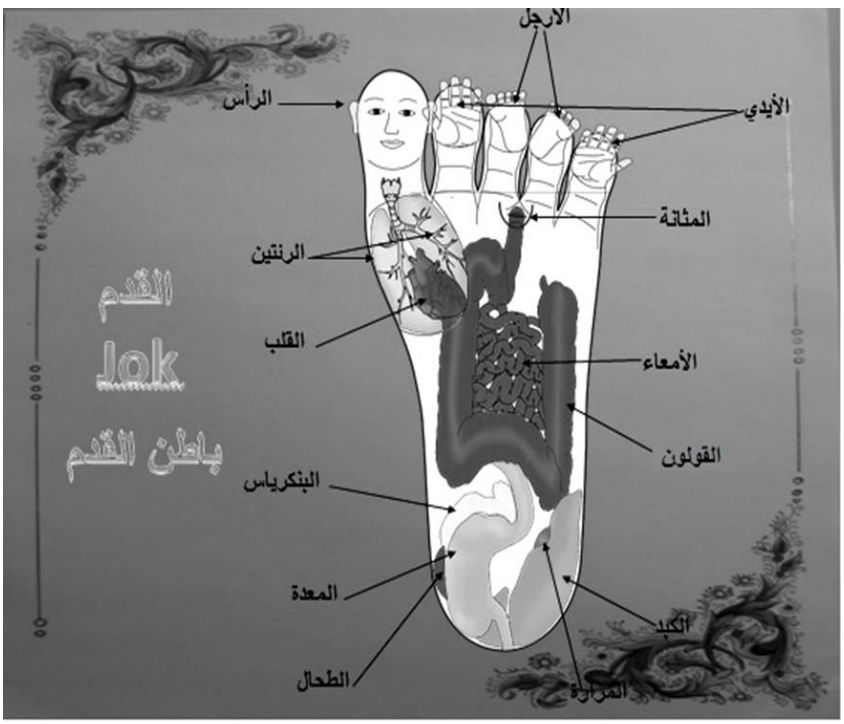
الأمراض التي تعالج عبر السوجوك

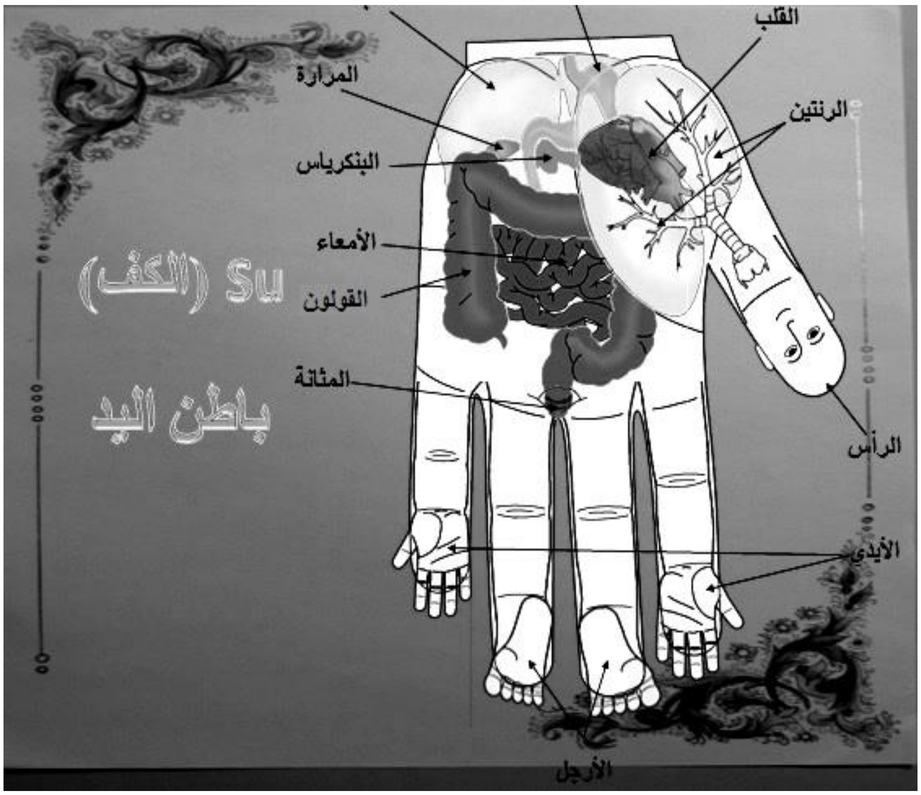



كيف يتخلص الجسم من الآلام والمرض بسرعة؟
وكيف يتم ذلك عبر الجسم علميا ؟
إن الوجع يولد موجات كهرومغناطيسية تسير في الجسم وتتمركز في نقاط معينة, ومعظم هذه
النقاط تتجمع في الأعضاء الأكثر تشابهاً بالجسم - اليد والقدم.
وبالضغط على النقاط المتواجدة في كف اليد باستعمال آلة ذات رأس صغير مثل القلم, سوف نشعر
بألم شديد, ولكنه سوف يزول في بضع ثواني أو دقائق, وهذا الضغط هو عبارة عن تفتيت لهذه
الموجات الكهرومغناطيسية وإعادتها إلى مكانها الأصلي للتخدير و إزالة الألم.
إن الضغط على الموجات
الكهرومغناطيسية يؤدي الي
الشفاء. أما الاستخدام الخاطئ فلا
ينتج عنه ضرر للإنسان إنه
ببساطة غير فعال.
ويضغط على هذه الموجات
هو بمثابة تفتيت لها وإعادتها
إلى مكانها الأصلي للتخدير
وإزالة الألم.
عند الألم تولد موجات
كهرومغناطيسية تتمركز
تحت الجلد, في اليدين
والقدمين.

اذا لاحظت اخي الطالب
ستري وجه تشابه الجسم
بالكف والقدم كل ماعليك
فعله هو معرفة اي مكان
تود علاجه فالجسد ثم
تتعرف علي النقطة المماثلة
له سواء كان العلاج عبر
الكف او عبر القدم سيان







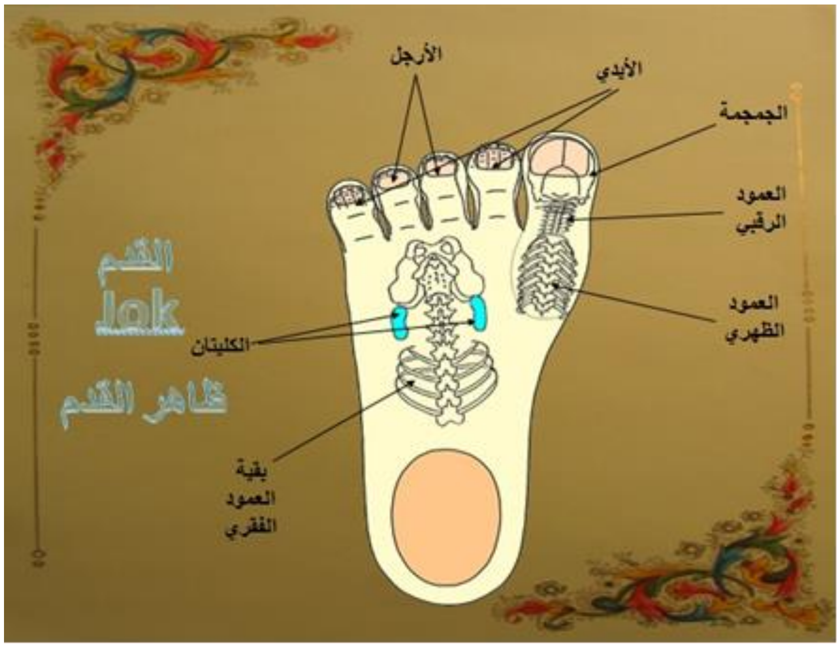
القلب
المرارة
الرئتين
البنكرياس
الأمعاء
Su (الكف)
القولون
المثانة
باطن اليد
الرأس
الأيدي
الأرجل



الأرجل
الأيدي
الجمجمة
العمود
الرقبي
القدم
Jok
العمود
الظهري
الكليتان
ظاهر القدم
بقية
العمود
الفقري

How to apply (treatment)

You will find a sore point in the palm or foot attached to the organ to be treated



Steps: -

First: -

Press the point with a match stick, a carob tooth, or anything pointed as shown in the pictures. For 10 seconds to stimulate the point, then press it counterclockwise 10 seconds. Then press again 10 seconds with the clock and be a measure for yourself, because you may need a longer period of time, perhaps radiating pain, so the member or the palm does not worry about you to be patient in order to feel better as well as we learned that construction is more difficult than demolishing and the . rule that it always hurts before it heals and enjoys health and wellness, God willing

Second: -

Rub the place with a wooden or toothpick dry as shown in the picture to stimulate blood circulation in the area.

Third: -

You can also activate it by placing a warm cup of water or your favorite drink on the place as shown in the picture.

Fourth: -

Or the approach of a stick of incense from the place instead of the Korean moxa as shown in the picture. And then repeat the steps, God willing, until the pain disappears, God willing.

Fifth: -

Finally, you buy a patch from the pharmacy and then put on the patch black pepper or corn seeds and stick it on the place before bed or in the morning as you wish until you feel the desired result by repeating every day with changing the pills and the …patch every 7-12 hours, and be careful to get rid of the old pa

The tools are shown in the pictures below: -

First: -

Pressing with a therapeutic sulfur stick, a carob tooth, or any other pointed device (see the .above explanation on how to apply)



Second: -

Massage to stimulate a stick or miswak (see above for how to apply)



Third: -

Activate by placing a warm cup of water (see above for how to apply)



Fourth: -

To heat the incense stick instead of moxa and needles (see above for how to apply)



Fifthly: -

Medicinal seeds (put any dry, natural seeds such as corn seeds, black pepper, or apples, or as shown in the picture, and it is preferable to use the seed that resembles an organ because every organ in the body has an analogue of natural seeds) (see .above for how to apply)

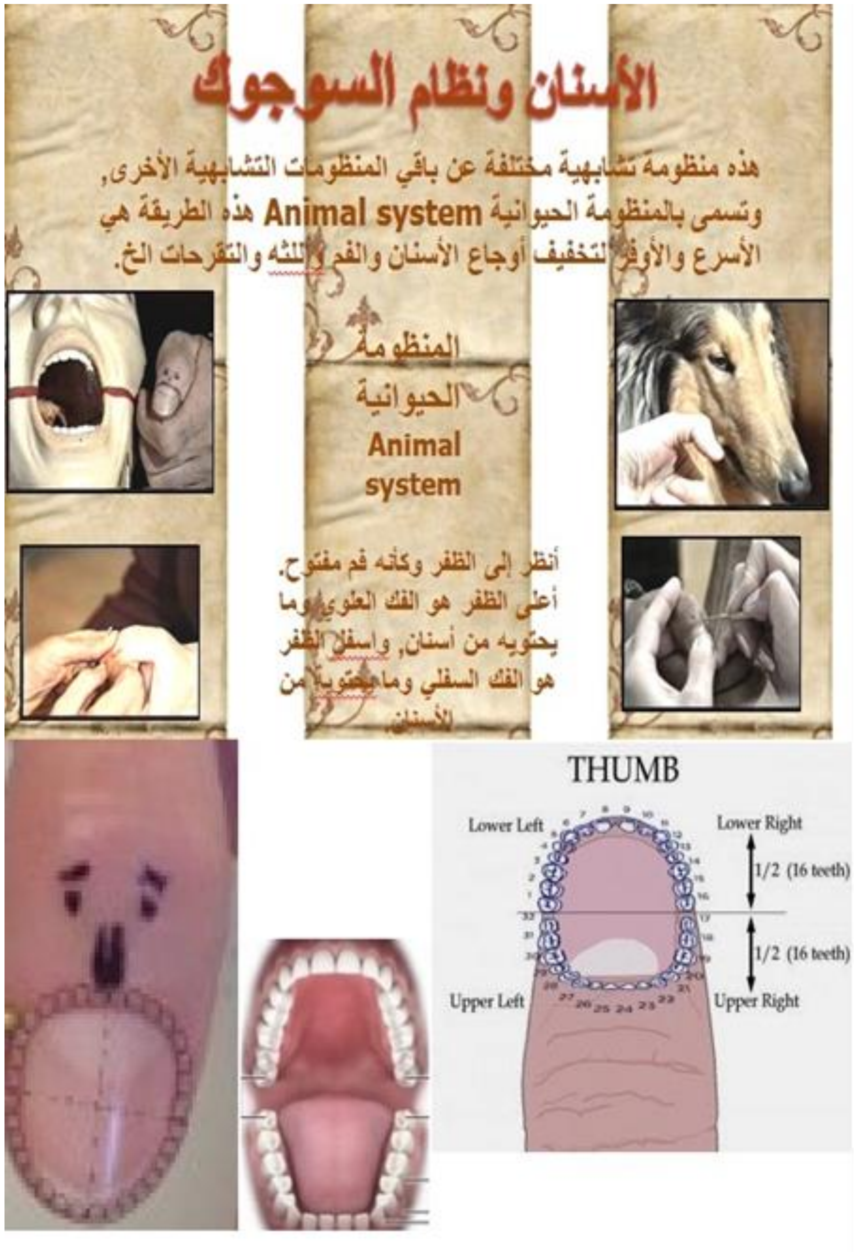


Examples of some common diseases in our Arab world in order to start treating .yourself, your family, relatives and friends without resorting to a doctor


ارتفاع ضغط الدم
فرك أصابع القدم من أعلى إلى أسفل.
الرقبة.
الضفيرة الشمسية.
الكبد، الغدد الكظرية.
المصران الغليظ.
أسفل الظهر.
ولهبط ضغط الدم افعل بعكس الاتجاه


ومن اليد ضع عدد 2 لاصقة طبية علي اصبع الابهام كما موضح بالصورة وافرك من اعلي لأسفل في حالة ضغط الدم المرتفع والعكس سيان كما فعلنا فالقدم اعلي الصورة


مشاكل النسائية وأوجاع العادة الشهرية
إذا كنت تشعري بوجع قبل العادة الشهرية, أو انك تعاني من أكياس على المبيض أو التهاب المثانة
أو فطريات نسائية أو غير ذلك فبإمكانك التخلص من هذه الأوجاع بسهولة, فما عليك إلا ان
تسدي هذه النقاط التي في الصورة.
استعملي قدر على ما بين الإصبع الثالث والرابع " القدمين " ومن المستحسن استعمال
طابة المساج أو نواة فاكهة كبيرة, ثم ضعي بذور القمح أو الفلفل الأسود فوق النقاط باستعمال
لصقه محكمة.
ثم تدليكهم بين الحين والآخر
سوف تشعري بالفرق السريع بعد هذه التعليمات


الأسنان ونظام السوجوك
هذه منظومة تشابهية مختلفة عن باقي المنظومات التشابهية الأخرى,
وتسمى بالمنظومة الحيوانية Animal system هذه الطريقة هي
الأسرع والأوفر لتخفيف أوجاع الأسنان والفم واللثه والتقرحات الخ.
المنظومة
الحيوانية
Animal
system
أنظر إلى الظفر وكأنه فم مفتوح.
أعلى الظفر هو الفك العلوي وما
يحتويه من أسنان, واسفل الظفر
هو الفك السفلي وما يحتويه من
الأسنان.
THUMB
Lower Left
Lower Right
1/2 (16 teeth)
1/2 (16 teeth)
Upper Left
Upper Right


خاص للذين يردوا تخفيف الوزن
أعزائي الكرام.
هل تحبوا بأن تخسروا ما بين 400 و 800 غرام في اليوم
الواحد ؟ حسناً. هذه طريقة سحرية عجيبة لتخفيف الوزن الزائد
من دون استعمال أي دواء, وهذه الطريقة بعيدة جداً عن أي آثار
جانبي ضار. كما ذكرنا آنفاً عن بذور التفاح و الذرة, وكيفية
دخول الطاقة, فهذه الطريقة تعتمد على دخول الطاقة في الجسم.
تدخل الطاقة من الجسم الصغير وتخرج من الجسم الكبير. أبهم
بوضع البذور الراس المسنن إلى أسفل على الفم نزولاً إلى
المعدة, أي وكأنك تمشي بعكس السير. ثم حبة واحدة من الذرة
على المعدة, وكأنك تسد باب المعدة, ثم حبة أخرى على منطقة
الصرة, وهكذا يبدأ الجسم بأكل ما يحتويه من مخزون. ثم ضع
حبة واحدة من الذرة على الفم لكل الأصابع بنظام الجذور, وهكذا
تضمن بأن شهية الطعام سوف تخف والنشاط سوف يزيد. ضع
هذه البذور من الصباح لغاية المساء. كل يوم, وسدهم من أسفل
إلى أعلى, أي من المعدة إلى الفم قبل وجبة الطعام بنصف ساعة.
إن أحببت بأن تخسر 10 كيلو فعليكم اتباع هذه الطريقة لمدة 15
يوم.
الطعام يدخل من الفم نزولا إلى المعدة,
لذلك نضع بذور الطاقة بالأسلوب المعاكس
لدخول الطعام.

(Important note):

Energy therapy does not conflict with medical treatment, but rather it is complementary and not an alternative, and I am not with those who deny medicine, the two do not conflict between them, so when a person falls, the disease takes all the reasons in order to recover, God willing, and if it is not, patience is a disease and affliction in it raising degrees and forgiveness of sins, God willing. For degrees, and as the Messenger of God, may God bless him and grant him peace, said: Heal the servants of God, for God Almighty did not reveal a disease unless he had revealed a medicine for him from his knowledge and ignorance from his ignorance. God bless .our master Muhammad, his family, and his companions

Fangshui Therapy Technique, Place Energy (Fung Shui):

Bioenergy science for home and space The art of Fung Shui was developed about five thousand years ago in China, where the ancient Chinese believed that the invisible life energy (called chi) flowed through everything in life, and it is the same philosophy followed in acupuncture or acupuncture. This means that if the energy flows freely and easily around and inside your body, then you will remain healthy, healthy and healthy, but if the energy or energy pathways in the body become stagnant or blocked, or you are nervous and uncontrolled (for example: diet, lifestyle, or weakness in an organ) Of the body parts) you will often fall prey to .diseases

Acupuncture simply removes blockages and blockages in the body's energy pathways or slows down the flow of energy, that is, it regulates energy. And exactly the same principle is applied by way of Fung Shui in homes. The Chinese believed that the buildings we inhabit require exactly the same amount of attention that we give to our bodies, and they developed this very complex science called (healing the environment or dwelling) .Continuous observations that lasted for centuries showed that the different areas of the house and the different parts of each room attract specific energies. Moreover, they discovered that some arrangement (layout of rooms or even the location of furniture or features) either helped, energize or hinder and prevent the calm and balanced flow of energy

If the energy is prevented or allowed to flow very quickly, then it will cause obstacles and problems in life in general. Also, the presence of chaos in a place can "disrupt" the flow of energy, stop its harmonic distribution and turn it into dull and stagnant energy. Fortunately, Fung Shui experts realized that by making some simple, studied changes known as solutions or remedies, such as hanging some crystals, wind chimes, or using some colors, and other different and varied methods, you will work to correct this disruption or stagnation in energy and work on Bring our life back to .normal again

Raising and energizing the energy of specific areas of the home with color and other healthy means can create and create better and healthier energy and improve different situations and opportunities in life. The main goal of Fung Shui is to teach us and define us that by making some small changes in our homes, we can affect everything In our lives, from our finances to health, and from our social relationships to our spiritual life. Although the art of Fung Shui appears to be a very spiritual art, it is taken very seriously, not only in its native China, but throughout the world. You will find most western artists, political figures and businessmen in the West to be the .strongest supporters of fung shui

What is Fung Shui? Fung Shui is the art of bringing balance and harmony to the different elements in our personal residence or the surrounding environment, by rearranging the house, using various means and enhancements, and knowing

The right places for everything and the perfect arrangement of furniture in every room, along with many other things, which we will talk about in detail later.

For example: Fung Shui experts look at the vital energy and move it around your home depending on several basic things: the location of your house, your surrounding environment, the shape of the earth around you and the shape of your home, and also determine directions by compass for each room in your home, the main entrance to each room and the furniture in Each room is also, and many more through which Fung Shui is diagnosed for the home In addition to designing the plot .also from the beginning and before establishing the house in which you will live

Fung shui experts look at everything that has gone past through the principle and concept of yin and yang or male and female, in addition to the connection with the five elements found in nature or the so-called principle of the five elements (earth, fire, metal, water, wood). Each of us is able to learn how to relate and relate to the surrounding environment (building, home, office) in several ways, and it is time for us to start applying these principles to change our lives to a life full of health, safety and psychological comfort, and we must stop continuing to violate the environment. The surrounding and the places that we are constantly present, as the science and art of Fung Shui has become common and clear, and it is no longer a fad or imaginary thing that is not achievable, but the time has come for us to start learning .and understanding it

Fung Shui teaches us how to create, create, and achieve harmony and balance ,around us, and it can also be said that (as the place in which we live, we are

Vice versa). This means that if we pay attention to our surrounding environment and the place we live in, we will find effective ways to create different realities and changes in our life, which is called The Chinese (Fung Shui).

And the meaning of Fung Shui in the Chinese language, Fung means wind and Shui means water, and this of course is a weak, incomplete translation that does not carry the truth of the meaning, due to the weakness of the translation from Chinese into English and then into Arabic, we will find that a few symbols in the Chinese language .may carry a full-meaning story

That meaning is key to the key concept in understanding that our essence relates to a large degree to everything else around us, including our surroundings and our habitat. By understanding this meaning of Fung Shui, we can reorganize ourselves from the inside by simply looking objectively and with a greater understanding of the environment in which we live. When we enter a place (dwelling) our internal computer, or in other words.

Our inner sense or our subconscious mind collects complete information about this environment or the place and the surrounding around us, it may tell you that the front entrance to the house is narrow or dark and unbalanced, that the colors inside the house are not uniform and dark, and that the internal walls are irregular, which You may notice that the energies .affects your energy field or energy field Your aura emitted inside the place from the floor or the wall are unbalanced and deplete your vital energy, and you may find that another side of the room emits more comfortable or balanced energy. And if you keep exploring this place, you may enter into the electronic pollution from the electric field in

The house will feel it in the form of discomfort or discomfort, because the electric field resulting from the passage of electric current through the wires inside the walls produces a great electrical pollution. It is also possible that you feel that the air quality in the room is not good, which may make you uncomfortable as well. Also, you can feel uncomfortable because of the presence of many negative energies, which may be emanating from a verbal quarrel or quarrel in this place a while ago, whose negative impact may remain in the form of uncomfortable negative energy. All of these sensations are triggered and felt from deep inside you through your subconscious mind. Therefore, we find that the main goal of Fung Shui is to use this information to rearrange our life and our reality in a more consistent and balanced way. We find many realistic stories and positive experiences that the owners have receivedThese stories using Fung Shui techniques and using proper instructions and techniques to reorganize their homes, bringing them health, prosperity and good luck, and their lives become more balanced and harmonious. Now if we want to follow the Fung Shui method, there are some things that need to be changed in order to achieve balance in our lives and these things we will refer to now and we will talk about them in detail later**, so we can start with the following: -**

Chaos and debris (stalls):

Get rid of old and worn out things immediately and give new things a chance. Simplicity is better than stacking.

Repair and Renovation: -

Windows are the eyes of energy (vital energy) and affect a person's view of the .things around him, so clean windows and replace broken glass

With another slim. Plumbing also expresses our digestive system, so fix faucets and clear gutters always. Electricity expresses our nervous system, so I pay attention to repairing sources of electricity and broken devices.

Heating, ventilation and cooling devices express our respiratory and lung systems, so always make sure that the heater is clean and free of dirt and always make sure that the air filters are clean.

The presence of an incorrect door that is difficult to open and close in the house can affect the relationship between the two partners in the house and may lead to a tension in the relationship between them, so always make sure that the doors are maintained and easy to slide.

Burner (cooker):

If your back is to the kitchen door and you are standing in front of the stove, you : must place a mirror behind the stove, because this helps to create a more balanced atmosphere in the kitchen and for the cook because the energy of the cook strongly affects the food that he makes, so we pay attention to the cooker because it has an effect on the cook. Also, be sure to set all the burners in the burner as it has an effect on boom in general.

The main bed: -

The main bed in the bedroom should be placed in a brighter position, meaning the door can be seen, and since we spend almost a third of our lives in the bedroom and on the bed, attention must be paid to placing the bed and organizing the bedroom because it has a great impact on our lives and health, and our vision to the bedroom door is necessary because The door is the mouth from which energy (vital energy) .enters

Front entrance: -

The main entrance to the house or building (the door) is the mouth of the energy where all the energy (vital energy) enters the house, it is necessary for the door or the main entrance to be clear, open and known, and it is necessary to make sure that there is a level and paved road. The main entrance or the main door of the house helps in the correct position of the bakwa square, which is a powerful tool used to correct the imbalance in the place and gives us a clear perception and useful information about the environment and the lives of the residents in the building, which will be discussed in detail later.

Lighting: -

It must be ensured that there is adequate natural lighting in addition to artificial lighting throughout the building or home.

Accept your home or embrace it from within you:

Accept and love your home as if it were a part of you, it really is. And start getting rid of all the old negative polluting energies in the house through incense, using herbs such as sage, lighting candles, using music, bells, or by singing or of course using reading the Qur'an or religious hymns.

Family and Home Tips:

Advice for the energy of the family and the home ... In the name of God, make sure to open the windows of the house in the morning, I mean, my nation means the hour of dawn to enter the healing energy into your home and do not forget to close ,it at sunset to keep the energy inside the house

People who open the windows all night, they are working on leaking energy from their home, and people who do not open the windows of the house in the morning do not enter energy into the house and prevent the renewal of energy in their home and every day they go inside the house. Sure, you have negative energy from the air or anyone, and the windows must be cleaned constantly and make sure. From its safety because God preserves us and you in some of the haters by throwing deeds on their neighbors through the outlets. If you do all the following advice, say goodbye to all diseases, and from here your home becomes a paradise (an attractive house, not a repellent house)

** Put salt in the corners of the house, or water and salt, or put precious stones .... such as rose quartz, collect them every week, wash them with water and salt, then charge them with sunlight or bury them under deep soil if possible, thanks to a specialist in stones.

** Put plants around the house, if possible, with silhouette plants, and please put shoes on the balcony or in front of the house, preferably stronger plants that look out for oxygen in the nurseries, knowing enough and try to get close to the ground as much as possible by placing pottery as well

**Sweeping and cleaning the house every day from dust and cleaning all the corners if possible

** Praying every day in a different place in the house to distribute the energy of prayer in the whole house.

. ** For protection, write the name of God on every wall with your finger every day

**Make a private room for guests and put a mirror in front of your house to reflect the evil intentions of people and negative energies if any, and always remember that not all people wish you good.

** Put some water and salt in front of or next to your door.

** Make your home floor empty of negative energies, such as parquet and ceramic free, because it kills and traps energy and causes cancer

** Close all electrical outlets, if possible, and put plastic tape on them to prevent the flow of electricity.

** Cross all your wires to prevent negative energies from coming to you.

** Close the balcony and the windows after sunset and cover any open food or drink to protect from the evils of mankind and demonsFor the Prophet, e said: - (Cover the vessel, fill the watering cup, close the door, and switch off the lamp, for Satan does not let the drinkers go, and do not let the drinkers in.)

** Never turn off the Holy Quran radio station from home, and the sound will be low at the time of sleep and study, but it is not turned off, God willing, it will remain on the last level

** Take a bath with water and salt on Friday, or put your feet in water, salt and coffee, or make a dish with water, coffee or salt, and wash your face and hands in it after returning from outside.

1. Stay away from places that cause you distress because they charge you with negative cards that you have to flee from immediately.

2. Walking on dirt with bare feet works to draw negative energies from the body as .well

3. Playing with and cuddling children, because they continuously emit positive charges and spread joy and love.

4. Prostrating on the ground also draws negative energy in your body, so when you feel upset, you can kneel directly on the ground to get rid of these negative energies.

5. Imagine that there is a white light entering your body and spreading all over it and forming an aura around you that protects you from any feeling of distress or danger, and you will feel a positive energy that envelops you. You can repeat God the light of the heavens and the earth.

6. Go to the beach or to a place in the bosom of nature in the midst of trees or mountains, and this will help you to clear your mind from negative thoughts and enjoy what is around you.

7. Rub all parts of your body with sea salt to get rid of the negative energy attached to it

8. Keep smiling, optimistic, and staying away from constant frustration, because that gives you negative energy.

9. Fasting, meditation, prayer, yoga exercises, sports, dancing, and Zumba relieve you of all negative energies and make you a pathway for positive energy easily.

10. Stay away from people who complain, criticize, and pessimist.

11. Stay away from backbiting, gossip, lying and slandering others and ill-thought.

12. Getting rid of dust ... especially the invisible dust generates violent negative energy in the home!

13. Getting rid of dried roses .. Scientists say that they have severe negative energies

14. Get rid of the spider or the spider's web !!

15. Clean dirty walls because they generate negative energy!

16. Get rid of the widgets, things and stalls that do not use for a long time! Because its energy is stagnant and it produces negative charges.

17. Getting rid of the aloe vera plant .. Get rid of it inside and outside the home, because it has great power in generating negative energy in the place.

18. Repairing or disposing of broken things like chairs and beds because they emit negative vibrations as long as they are broken

19. Hanging pictures ... generate negative energy, and I mean pictures of souls or the deceased. It is preferable to keep pictures of the deceased in a box and hang pictures of landscapes.

20. Avoid electromagnetic radiation and mobile phones, especially in the bedroom

21. Listening to the Qur'an, especially ... Beware of being close to you when sleeping the surah “Al-Fatiha wa Al-Baqara” And bird sounds generate tremendous energy in the house!

22. Acquisition of crystals .. They generate positive energy and the most important thing is that they are circular as they have a geometric shape with positive energy-generating properties, especially when they are clean.

23. Perfuming the place .. The aromatic smells make you feel fresh and comfortable because they generate positive automatic energy.

24. The little child .. Do not restrict your child and let him have fun everywhere, because with his movement he generates a wonderful positive energy.

25. A cold place generates positive energy .. Try to sit in a cool place always

26. Light and cheerful colors generate positive energy

27. Greenery and natural trees generate tremendous positive energy while being careful not to own a cactus tree.

28. Natural roses, especially jasmine When you see your family's psyche is tense, sprinkle some jasmine seedlings in the corners of the house and see how the psychology of family members will change!

29. Choose your friends very carefully, on the condition that optimism, ambition and positivity are among the most important features of their personalities, and remember this phrase constantly (To remain without friends is better for you than to have negative friends who will gradually destroy you ...)..

30. Not to listen to negative news bulletins broadcast on satellite channels altogether, nor to programs that cause disturbing landfills, and not to watch scenes of violence and fighting because they program our lives on absolute negativity,

31. Going to gardens . constant pessimism, and the attraction of everything negative and green spaces constantly, and it is best to plant roses at home, put roses in the workplace, wear green clothes, and dye the house or workplace in green because this color is one of the most common colors that give a person comfort and reassurance, tame oneself and provide continuous calm.

32. Do positive actions such as helping orphans, the poor and the needy constantly without telling anyone that you have done these things in order to preserve the .purity of yourself

33. Keeping away completely from negative people who are very pessimistic and complain about life as if they cursed the eternity with their irresponsible and immature behavior that causes embarrassment in many situations and who have a bad effect on your ambition as they constantly discourage you and suggest that you will fail if you do an important work in Your life and reality proves otherwise ....

34. Be sure to talk to the person who you feel is close to you as a friend or lover, for example. Hearing a person’s voice over the phone or face to face makes the level of tension decrease. It will also make the body secrete the hormone oxytocin, which .contributes to calming nerves and transmitting positive energy

35. Be sure to eat citrus fruits such as oranges, tangerines and Indian lemons because they improve mood. It is also recommended that you add a few drops of lemon juice to the tea.

36. Be sure to smile whenever the opportunity arises, because smiling makes the thymus gland work efficiently and is responsible for secreting the so-called happiness hormone that causes positive energy.

37. Be sure to do any activity that you like because this will contribute to making you happier, such as sports, walking on the sea, watching the sunset, reading, eating your favorite meal or listening to a specific song. This attracts you positive energy.

38. Be sure to stay away from negative conversations because negativity passes between one person and the other more easily than positive ones for that instead of informing

Someone who is bothering you, try writing a note or thoughts about it, because once you tell your problem to others, it increases and grows, it is better to write it and tear it.

39. Make sure to have coffee with those close to you, because this makes the level of stress less, but drinking it alone will make you tense more.

40. Be sure to engage in violent exercise, because sport in general contributes to reducing stress and expelling negative energy quickly, and violent sport does that better than quiet sports.

41. Make sure to record the beautiful moments that come in your life by documenting them visually, audibly or in writing, and this will make your stress level reduce and it will contribute to teaching you how to better find beauty in your life and take it back in cases of sadness and tension

42. Be sure to get close to nature whenever you can because nature benefits your body and mind. For example, going to gardens makes you inhale fresh air and see views of flowers and plants instead of seeing the crowded city and inhaling pollutants such as car exhaust and factory fumes and the best components of nature that you should approach water with Like going to a river or sea, and this will make you get several natural scents represented by water, air and pure land.

43. Make sure to write down everything you feel and make for yourself permanent diaries, thoughts, or any thoughts that come in your head. Record them in writing. Even if you do not have a strong writing style, this does not matter. Writing down everything that comes in your head contributes to relieving the burden on your mind and reducing tension And turmoil and eliminate negative energy

44. Practicing vacuum breathing by taking a long exhalation and holding his breath, counting up to ten, then taking it out very slowly. This exercise feels its owner that he is expelling negative charges and energy with every breath, and reduces the heaviness and pressure, and helps to overcome cases of anger and suffocation

45. Creativity and innovation / negative energy often arises due to continuous failure in something, or because of a feeling of helplessness and weakness, and in this case we have to get rid of its causes, through positive thinking, and find room for creativity and the creation of new ideas, so if you cannot do some Business, leave it at this time, and do something new, such as making a cake, or a work of art that you are good at, or singing loudly or shouting loudly and you will feel a loud positive energy

46. Closeness to God, may He be glorified and exalted, through prayer, prolonging prostration, supplication, and reading the Qur'an, because it sends psychological comfort and reassurance in the soul of the believer, and enriches everything. God, glory be to Him, is merciful and dear to His servants, so being close to God transforms negative energy into positive energy.

47. Self-belief and confidence in its ability to succeed, prove self and achieve goals. Planning ahead and setting some actionable goals inspires positive energy

48. Drinking water in large quantities daily. Water washes the body from all the negatives and eating dates daily in the morning strengthens your positive energy.

49. Do not hang photos of a deceased person at home.

50. If you do not know tickets other than the direction of your office, or look at the .orange color, or bring orange plants to your work desk

51I have to move my hands over the humming bed on it three times in order to move any negative frequency fields because it affects the etheric body and prefers the aphorisms of sleep.

52. Do not drink or eat anything that is cracked or broken, as this affects the aura and weakens it and brings disease

53. The bathroom is never in the direction of the blessed southeast (Qibla), and it was found that this trend has a negative effect on income and spending, and kept closing the bathroom always so that the negative energies do not mix with the positive inside the house.

54. If you are married, a corner puts the picture of the wedding with pink roses, any house in which there is wasted water, heavy plumbing, even if a company knows how long they have bounced checks or extra expenses, the rate of exchange is .greater than income

55. Very reduce the artificial lights, especially the upper, upper brain The candle has beautiful energy Keep the candles lit in your home.

56. Clean the stove and open any blockages in the burners, because the stove symbolizes prosperity and activity.

57. Do not block the energy field, because the house is in the cabin in any special place under the bed.

58. Donate anything you touch, throw it, because it stores toxins Basically everything is enclosed, not without sharp corners, these are rounded edges, so that the energy swirls flow gently.

59. Mirrors reflect energy and enlarge it. My consciousness is grasping while you are upset or Qafish, and some say you cover it, but it is a necessity estimated in its .measure

60.Smile to everyone with a kind word. Do not cause a cause that spreads joy, because positive energy is a cure for all diseases.

61. If you were to rebuild the house, I would like to choose Salim from the first, to keep the house in a beautiful garden.

62. The houses in front of the street leave most of their owners with nervousness, flares and high blood pressure.

63. I know that any need is lost, so the house is until the planting.

64. The corridors of the house do not base the house, the house is like the body, the corridors are like the arteries and veins, because the body does not block them, so life stops.

65. Do not open bad memories and return to running around and contemplating .them

66. Wool, cotton or natural linen that cover the electronic and electrical devices in order not to be affected by negative charges

67. Any intelligent smells from nature that support positive energies

68. Even trees are broken, and a foundation for the house is used, so plants are preferred, alive and emitting positive energies unless they are

69. painted Arrange your wardrobe and keep your mind in order because the disorder reflects the mess, thoughts, feelings of fatigue, and continuous sleep.

70. Sleeping in the direction of the magnetic east or the direction of the qiblah (in Egypt, southeast) due to the compatibility of the magnetic field with the cosmic field.

71. Whenever the places are open above the brain, it helps to create creative .wealth, chest joy and broad horizon

72. He slept in complete darkness for many reasons that you can look for in order to prevent verbosity.

73. If your son or you yourself are being intruded from the house, you still do not have the connection to the place card, keep reviewing all the advice this is in your home.

74. Everything that does not work breaks the positive life energy.

75. Frequencies of wasted water, whether by the extravagance of water or (a drip tap or a wall), negative energy arises and the grace lifts away and escapes from abundance and good

76. Whenever the hallways of the house are empty and clean, the heart arteries are healthy and oxygenated.

77. Treat all cracks in the wall and change the colors and keep them close to the colors of nature. The spectrum of the seven beware of the darks, especially if the house is sold and people are

Dormant in you will meet all the conflicts and the painful past with them, I will not leave the walls.

78. Cleanliness is more important than aesthetics as the flow of positive energy.

And finally: -

The incense of the sandal on Friday and Surat Al-Kahf or the mixture of sweet incense circulating with Al-Attar once, the week with Surat Al-Baqarah and the frequent prayers on the Prophet may God protect us and you from the evils of mankind and the jinn. May God bless our master Muhammad,

his family and his companions. Some tests were conducted on patients and their effect on healing and treating some diseases by making the patient wear a garment of a certain color or sit in a room with walls and brushes of the same color and focus his gaze for a specific period on him while confining his mind and contemplating the location of the pain he suffers. the color

The green in particular kills germs and bacteria, calms the pain, resists exhaustion and feeling tired, so its owner feels comfortable and happy and cures from microbial diseases. Thus, they knew the secret of using the green color in their tombs to save mummies from bacterial decomposition. To draw us to him and to the importance of imitating them in our clothes and brushes in the world so that we may taste part of their happiness and enjoy some safety from diseases in the hereafter.

The Almighty said : اولئك لهم جنات عدن تجري من تحتهم الانهار يحلون فيها من اساور من ذهب ويلبسون ثيابا خضرا من سندس واستبرق متكئين فيها على الارائك نعم لثواب وحسنت مرتفقا ﴾ [Al-Kahf: 31]

And the Most High said: ﴿ متكئين على رفرف خضر وعبقري حسان﴾ [Al-Rahman: 76]

[Al-Insan: 21]. It is the color (عليهم ثياب سندس خضر واستبرق وحلو اساور من فضة) :He said] of peace, tranquilit

and stability as well as abundant goodness. It is no wonder that the color of the greatest dollar in the world was chosen,

and by which most currencies are measured.?

I am not surprised by the color of the surgeons ’clothes during the surgeries, as it makes the patient feel calm and safe during that difficult time?

I do not imagine the land without green planting, trees and plants

Intellectual Field Therapy Technology (TFT) And psychological freedom EFT

Psychological freedom technique:

(In English: Emotional Freedom Technique) (EFT) is a technique with wide applications that relies on energy pathways and connects the mind with the body and feelings through the energy system in the body. The start of this science in 1993 by the scientist Jerry Craig. (English: Gary Craig).

Overview:

It is a modern school of therapy that has proven effective in removing all kinds of anxieties and fears. And liberating all negative situations from the past with ease. Freedom from addictions, negative habits, harmful desires and bound convictions. Dr. Hammoud Al-Abri, known as the pioneer of psychological freedom in the Arab world, has contributed to its spread in the Arab world.

He translated the memo of the founder of the technology and wrote a book with Dr. Tam Edwards (a British national) and has a number of sites, the most famous of which is the psychological freedom website www.eftinfo.com. Many cases of phobia, depression, social phobia, and nocturnal urination in children, as well as improving diabetes and improving the mood of the person. This moment is historic for EFT

practitioners The clinical technique has been adopted as an evidence-based psychotherapy

evidence-based""]

And that by the American Psychological Association American Psychological

Association Division 12:

Society of Clinical Psychology Division 12: Society of Clinical Psychology From Friday, May 11, 2012, psychological freedom technique has become a certified psychological treatment based on 50 research reports that have proven positive results from the patting process to get rid of negative feelings.

The theory:

This school aims to eliminate the imbalance in the energy pathways in the body, which is based on ancient Chinese medicine, such as acupuncture or pressure therapy, and the psychological freedom technique took advantage of old concepts and transformed them into a modern technology that is easy to apply and fast-acting It is one of the most successful natural :.with permanent and continuous results remedies, as it does not have any chemical side and depends mostly on thinking and some movements.

The technique of psychological freedom has made complex Chinese remedies easy to learn And the application and anyone can benefit from it within minutes and without that A specialist visits or loses excessive amounts of money in the treatment sessions. The treatment Psychological freedom is nothing but simple steps through the use of limbs Your finger gets amazing and fast results, and God willing, you get rid of your suffering Long with negative emotions.

Negative emotions disrupt the body's electrification (energy) system Which causes a .physical or emotional result as a result of negative thoughts

When a disturbing thought appears, it causes confusion and dysfunction In the body's energy pathways this will produce negative emotions. This is why we mentioned: The cause of all negative emotions is a defect in the body's energy system. If we remove the imbalance in energy, the negative feelings will disappear with it. An example of this is when you focus on a negative situation from the past, the details of which make you feel overwhelmed and distressed.

The process of remembering a situation exits the mental image of the situation from the subconscious mind to the conscious mind, and this process results in an imbalance in the energy pathways and this imbalance causes negative emotions that appear on the surface to address this situation And to get rid of the negative feelings associated with this disturbing experience, we will ask you to focus on the mental image of the event and during that we patten the specific points in the technique and after the completion of the technique you will notice that when you focus on the situation again you will not feel feelings of distress or any other disturbing feelings because of that The imbalance in the energy pathways has disappeared, and the mental image has no negative effect on you.

We are dealing here with a new dimension, which is (the energy dimension), which no Western therapeutic school has addressed, just as our current university curricula lack this important information that has a clear impact on humans without a doubt. Chinese medicine has focused on the energy dimension for three thousand years,
Because of their ,and deals with its treatments and applications in this field eagerness to study energy pathways and its treatments, Western scientists were .surprised by their lack of previous experience with the energy dimension

Effectiveness:

And this technology has a great acceptance around the world until it has become one of the fastest spreading technologies in the world compared to its short life, and has succeeded in treating many diseases, injuries, states of fear and phobia.

Defining the problem and assessing the level of discomfort:

Before starting the application of the technique, we must define the problem we wish to deal with and then assess the level of discomfort associated with the problem. This process is called Subjective Unit of Distress. This process is very important to evaluate the problem before application and to notice the results after applying the technique

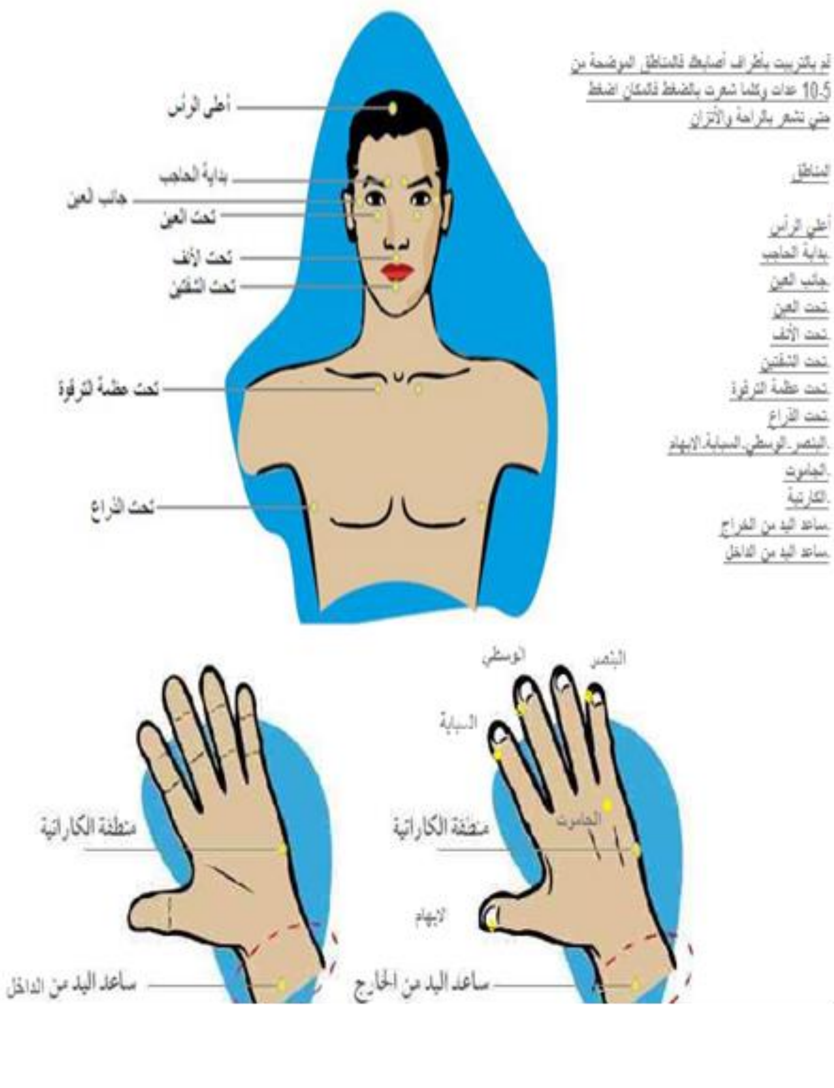
We mean disturbance:.

the emotional feelings associated with the problem, such as fear, anxiety, sadness, anger, and other disturbing feelings that appear on the surface whenever we remember this problem or that situation.

This scale consists of 10 points, starting from 0 0 to 10 10, Where the zero point means that there is no discomfort and the problem has been completely solved, while 10 means the peak of the annoyance towards the problem, and this measure is approximate, which helps the person evaluate his emotional feelings towards the problem before applying the technique in order to notice the changes and results after applying the technique.

When determining the level of discomfort, give a rough assessment of strength Your negative feelings. How to practice this technique

This technique is based on removing negative (excess) energy from the main energy pathways in the human body by patting these areas with the fingertips several times. An illustration of patting points in the shortened and simplified method for .psychological freedom



This technology can be repeated as you like to God willing, and it can be used at any time and place, as it has no side effects, and proceed in your life without restrictions.

NB

In this video there are opinions of some doctors and patients about this technique, as long as you are healthy and another educational video by watching to clarify how to patting and points.

https://www.youtube.com/watch?v=FqnNTbct6Ko&feature=youtu.be
https://www.youtube.com/watch?v=eJxAWp3qDpE

Reaching inner peace:

By inner peace, we mean a stable psychological state resulting from liberation from the negative impact of the past and getting rid of the anxiety of the future in order

But the question is: How do I get .to live in the present in peace and tranquility to this wonderful state through the technique of psychological freedom and how long does it take for me to reach it?

Learn about the negative situations that affect you, through the definition we find that:

The first step:

is freedom from the negative impact of the past, and by that we mean the process of monitoring all the negative situations that you feel have negatively affected you or are still influencing and apply technology to them.

In this step, some people may find it difficult because they have many painful situations and various negative feelings, and they ask where to start applying? They view their lives as full of tragedies and psychological trauma that make them feel that they are lost in a dense forest, for which they cannot find a way out. We can call

it "the forest of negative feelings", which contains many types of trees of various sizes

And height, the giant trees represent the most intense situations that affect you, while the small trees are simple negative situations. As for the heights of trees, they vary according to their strength and negative impact on your life, and the density of trees indicates the abundance of situations with the passage of time. He who has many negative experiences is likely to form a dense forest that obscures his vision of the horizon and feels feelings of loss and hopelessness.

Therefore, these trees must be uprooted by applying the psychological freedom technique to them, I advise you to start by identifying the giant trees and applying the psychological freedom technique to them and after uprooting them you will feel that you are starting to see the horizon again and you have a glimmer of hope, follow the application on a daily basis and you will notice that the forest fades and disappears and becomes A flat field across which you can clearly see the horizon and .all directions

So if we assume that you do three sessions a day, each session is about duration Ten minutes, which is long enough to uproot a negative tree, so you can imagine what it is Trees that you will be able to uproot in a week? A month later? I think that if someone has a thick forest of negative feelings containing a hundred disturbing situations, it will only take about a month to break free from the past completely. Uprooting large trees also removes the trees around them Small and this is called "positive generalization", you will find that some negative attitudes will disappear without directly applying technology to them.

You can also see the positive effect of generalization up to the improvement of some parts of the body that have been weakened by the pressures of life, there is a study that was applied to a selected group of people who suffer from low vision, and the study indicates that approximately 70%

Of the participants, they had improved vision after applying the psychological freedom technique for several weeks under stress

After completing the first and second steps, we will - with the permission of God Almighty - reach inner peace and live in the moment with all its unique experiences and new experiences. Dealing with complex problems. Psychological freedom technology can get rid of any obvious problem within a few minutes, for example annoying situations, specific .phobias, or physical pain such as headaches

So we can apply the psychological freedom technology directly to it and it will be gone for

good. But there is another type of problem, which is the complex problem, which consists of many and deep parts and needs to be dealt with in a more comprehensive manner in order to treat it from the roots. Understanding the problem and its composition is the secret of the solution. I will present some diagnostic methods here to understand the problem

First: the table style:

One of the simplest ways to understand compound problems is the table method, and as everyone knows that the table consists of flat and menus, the table top represents the problem that is currently apparent to us from physical, psychological and behavioral symptoms such as depression, for example, and when we review specialists we only mention the surface and wait for them to solve while we neglect lists The table we do not mention anything about it, forgetting that the table does not stand without lists, which are the situations and events that caused the existence of a problem, so there is no problem that appears on the surface suddenly without any causes or events that preceded it and had a role in its appearance in order to deal with the surface of the table definitively. Lists and remove them so that the problem does not appear again

Some apply the psychological freedom technique directly to the surface of the table and never deal with the menus raised and are surprised by the return of symptoms again after a period of treatment. Therefore, it is necessary to monitor all situations related to the problem, assess feelings of discomfort, and apply technology to free yourself from its negative impact.

Second:

Relationship Diagram Method: Relationship diagram drawing is a diagnostic method for linking all negative thoughts to each other and for a more comprehensive understanding of the image.When you suffer from negative overlapping and sequential thoughts, it is difficult for you to understand them and know how to move from one negative idea to another. Therefore, we recommend drawing a relationship diagram to link this pattern of confused thinking. Deal with it through psychological freedom technique.

Example Relationship Diagram application

If we observe the sequence of thoughts of a person suffering from a travel phobia, we will find more than one negative thought that appears and other more dramatic thoughts follow, so a first thought may begin that he is alone, and this means that if he suffers from a problem, no one will be with him who will treat him, which leads to his death.

And another negative idea that may begin that he is in a city or region that he does not know its roads well and does not know the locations of hospitals, which leads him to another idea which is that if he suffers something wrong, the ambulance may not reach him in time and so on.

Third: the style of the sun umbrella:



The third method used in diagnosis is the sun umbrella , which aims to understand the deep negative thoughts, reach the depths of the problem and deal with its roots. The parachute fabric represents the problem to be solved, and the stick that connects the fabric to the handlebars consists of a series of concerns buried deep within. And we can reach these hidden fears by asking the question: What does that mean to you? Or a question: Does that

lead to what? person suffering from a phobia riding an elevator. When we ask him :the question

Here is an example to illustrate the idea:

**What does it mean to you that you are inside an elevator?

** And what does that mean to you? It means I'm locked up.

** And what does that mean to you? I can't escape.

** And what does that mean to you? I'll suffocate and run out of oxygen.

** And that leads to what? Death from suffocation.

We note that the fear of death due to suffocation is the deep fear that must be addressed and freed the recipient, which represents the hand grip of the sun umbrella. Here we grasp the core of the problem when we discover freedom from physical pain. The majority of physical pain is based on myself and is a result of life's .pressures

And these pains appear in the weak tissues of the body, such as the intestine Colon disorders or may be concentrated in the muscles and joints, especially for whom Suffering from permanent tension and others may develop migraines due to mental exhaustion. Author Susanne Billander emphasizes in her book Meta-medicine According to studies, 90% of diseases are caused by myself, in the case of burning Psychological weakens the physical immunity and the person is more susceptible to infection Diseases. Psychological freedom technique is not intended to treat diseases directly, but to treat the basic cause of a large part of them, so when the psychological and physical state is in a positive situation, it will contribute greatly to .treating any organic defect

And speed up the healing - God Almighty willing -. As I mentioned at the beginning of the book, Chinese medicine is based on the foundation of mental and physical health as energy pathways.

When dealing with physical pain, we can apply technology to symptoms The physical pain is like a migraine and it will go away after the application but it is preferable to deal With the basis of the problem, namely the causes that led to the emergence of these pains on the roof. By following the history of the case and when the problem appeared, we can know the period that preceded it and ask what happened at that time in terms of psychological stress and influential events? And we apply technology to it until we get rid of the source so that it does not come back. I recommend drawing a timeline for the condition since its emergence and following up on the changes that occurred in the condition over time to apply to physical painEither we focus on the symptoms to alleviate our suffering from them, or we focus on the causes that are the cause of the symptoms.

**** Examples of symptoms are**: headache, IBS, muscle and joint pain.

**** Proof statement**: Although I suffer from nagging headaches, I accept myself completely and deeply.

**** The reminder**: This annoying headache.

**** Examples of causes:** family problem, work stress, psychological trauma, financial stress.

** **Proof statement:** Although I have a problem with my husband, I fully and .deeply accept myself

****The reminder:** This problem is with my husband.

Notice:

I am not asking you to give up your doctor's advice or to stop taking Medication, but I advise you to take all permissible reasons to treat the problem. Psychological freedom technology can be included under complementary medicine, so it contributes to accelerating the healing process from diseases, God willing, and supports medical treatment and medicine.

Freedom with negative convictions, dear reader:

You (the results of) your convictions), because your behavior is driven by your self-convictions about yourself Or about life, how do we have these convictions? Convictions are gained Through its subconscious programming by people or influential situations A deep impression occurs in the subconscious without us being aware. We have to monitor this Convictions to find out which of them are negative .convictions that affect our lives and hold us back from success

If you think that you are "not worthy of success," then this is a bound conviction and will not be fulfilled Your goals while you carry this negative conviction about yourself. A negative conviction can arise because of a number of influencing situations or as a result of a strong traumatic situation. By using the psychological freedom technique, you can release these negative convictions This is done by applying them directly, but before applying them we do The strength of this conviction is monitored through the Validity of Perception Scale Cognition VOC: This scale is similar to measuring discomfort SUDS, but instead of detecting negative emotions, we are monitoring the strength of thought Mentally it is used here in dealing with negative beliefs The number(10)

.

Ten means your belief that this conviction is correct, and (0) a zero indicates your belief It is not correct.

The application is based on the conviction that I am “not worthy of success: the statement of proof: Although I believe that I am not worthy of success, I accept myself completely and deeply.

” **The reminder**: You are not worthy of success.

The technique can also be applied to situations that you feel are related to your negative conviction. Monitor all situations that are closely or distantly related to this conviction. Evaluate the level of discomfort with a level gauge SUDS annoyance and release it until you are free of the reasons that have formed negative convictions about yourself or about life. Example application to situations that gave rise to the ' .conviction «I am not worthy With success

Proof Phrase: Even though I failed the English Language Test TOEFL, except that I accept myself completely and deeply.

Reminder phrase: You failed the TOEFL English

test TFT technology:

Thought Field Therapy (TFT) is a technique with wide applications that relies on energy pathways and connects the mind with the body and feelings through the mystery of life system and the flow of energy in the body. This science was started in the year 1990 by the founding psychiatrist Roger Callahan

clinical psychologist, Dr. Roger Callahan.

Perhaps you are choosing in your mind:

What is the difference between EFT and TFT? The first thing that appeared in TFT in 1991 was developed by the founding professor, Roger Callahan. It was somewhat complicated because he developed for each problem a special protocol called "germs".

A person suffers from a phobia of flying, and there is germination specific to this problem to treat it, for example, patting the collarbone point 50 times and then under the arm 20 times, and we end up patting the buffalo point 40 times (this is only an example) But Dr. Roger Clahan did not explain how he arrived at these algorithms. Rather, he mentioned through experience and practice and that it is the only way to treat the problem by following these steps without distortion or .alteration

Dr. Clahan discussed by some of his practicing students that positive results can be obtained by patting the tracks in general, and we should not follow the germination for each problem. Finally, this complex technique was revamped by Dr. Jarrekrig in the mid-1990s and developed the technique of psychological or emotional freedom The famous EFT, and everyone patted all the points naturally and got positive results as well, and it became very popular because it is easy, simple and uncomplicated and .also does not depend on the gossip. Its effectiveness is not proven

Or its importance, and in fact, EFT has proven with its results that TFT field therapy complicates the easy and limits the spread of technology.

If we follow the current situation of Logna, the number of followers of the School of Psychological Freedom is much greater than treatment by thinking fields through the number of annual conferences and meetings by specialists, and we notice that TFT has less followers over the past years or have shifted to practicing psychological freedom as an improvement in their skills in practice and the credit remains for the founder, Dr. Roger Callahan, for developing Mechanisms of treatment.

Defining the problem and assessing the level of discomfort Before starting the application of the technique, we must define the problem that we wish to deal with and then assess the level of discomfort associated with the problem. This process, as we explained before, is called negative emotion lSubjective Unit of Distress .

SUDS This process is very important for both pre-application and observational problem assessment Results after applying the technique.

We mean disturbance:

the emotional feelings associated with the problem, such as fear, anxiety, sadness, anger, and other disturbing feelings that appear on the surface whenever we remember this problem or that situation. This scale consists of 10 points, starting from 0 0 to 10 10, Where the zero point means that there is no discomfort and the problem has been completely solved, while 10 means the peak of the annoyance towards the problem, and this measure is approximate, which helps the person evaluate his emotional feelings towards the problem before applying the technique .in order to notice changes and results after applying the technique.evel estimation

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When determining the level of discomfort, give a rough assessment of strength Your negative feelings. The Set Up: In order to implement the preparation situation, the beneficiary and the practitioner must agree to a phrase called ("the statement of evidence" or "the opening statement"), and this phrase will represent the problem that is under study. This phrase should be framed in the words of the beneficiary himself and be aware of it personally. The practitioner's approval or understanding of the phrase is not a very important issue for the process, but it is important for the recipient to understand that phrase in the way that he or she might apply that phrase. Although we have emphasized the importance of the recipient understanding the statement they are making, it is not necessary for them to believe .... in it. Often the proofs are similar and start with: “Although I am

I accept myself completely and deeply. ”The beneficiary in the place of emptiness calls the problem he faces, provided that it is in his own words. For example, the proof statement for a person suffering from migraine:“ Although I suffer from this fatal headache, I accept myself completely and deeply. ” If the recipient describes the headache as "migraine" or "vertigo", then the description of the headache must be in the proof phrase. As we have seen, this phrase is referred to as the phrase “affirmation”. The second part of the phrase is positive evidence, without a doubt, while the first part of the phrase does not constitute positive evidence because it is in negative language. Often practitioners trained in other techniques consider this phrase - the statement of proof - to be some strange

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Thing; Nevertheless, it is designed in this way to draw the attention of the beneficiary to the problem he suffers from. When dealing with simple problems such as a headache, for example, it is not difficult to bring the problem to the attention of the beneficiary; Because it is crystal clear; The challenge, however, is when dealing with deep-rooted emotional problems, for which it is difficult for the practitioner to know the root cause.

This is one of the matters that we will discuss more extensively in Chapter Five. The statement of proof should be repeated loudly and convincingly (if the recipient does not believe in it).

The beneficiary - in social circles or when the beneficiary does not want to declare the phrase of evidence - can complete the phrase or say it in

navel. Completing or repeating a phrase in private is just as effective as stating the phrase out loud, except that the mind is more likely to be distracted from the problem in the first case; Therefore, it is recommended to repeat the phrase proof out loud because it is the safest way. While chanting the phrase for proof, the client massages the "pain points".

This point is located at the top of the chest area and can be found by placing a finger at the base of the esophagus and looking for the U-shaped socket at the top of the sternum (breastbone). Then move about 10 cm down to the middle and 10 cm across the chest (to the right or left), at which point the fingers will be close to the "pain point" area. Another way to find this point is by placing the index finger in the socket above the bone of the rib cage, and then extending the middle finger

With the thumb loosening as large as possible, the pain point will be close to where the two fingers are (see figure below). To precisely locate the pain point, the fingers are pressed on the chest in the area surrounding the location of the fingers until the client feels the location of the soft and painful point when pressed. And it will be easier for the benefactor if he finds the point himself. The beneficiary is advised when starting to apply TFT technique to find and use the pain point by himself so that he learns by himself how to challenge and massage it; But sometimes the practitioner identifies and massages the pain point on behalf of the recipient. Sometimes the patron fails to locate the pain point. This is not a problem at all, and .it is not unlikely that this will happen

If the beneficiary occurs and fails to identify the pain point, he is asked to place his hand on his chest at the approximate location of the pain point and keep it there until he feels the heat on his hand emanating from under his clothes. Then he massages the entire area and repeats the phrase. Another option is for the patron to tap the "karate hit point" Major Sequence Points The practitioner, during

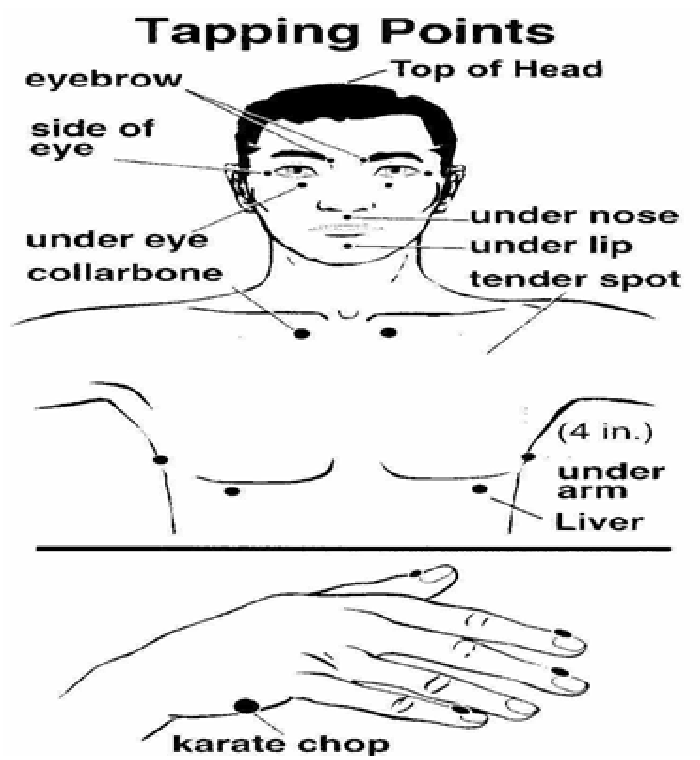
the key sequence

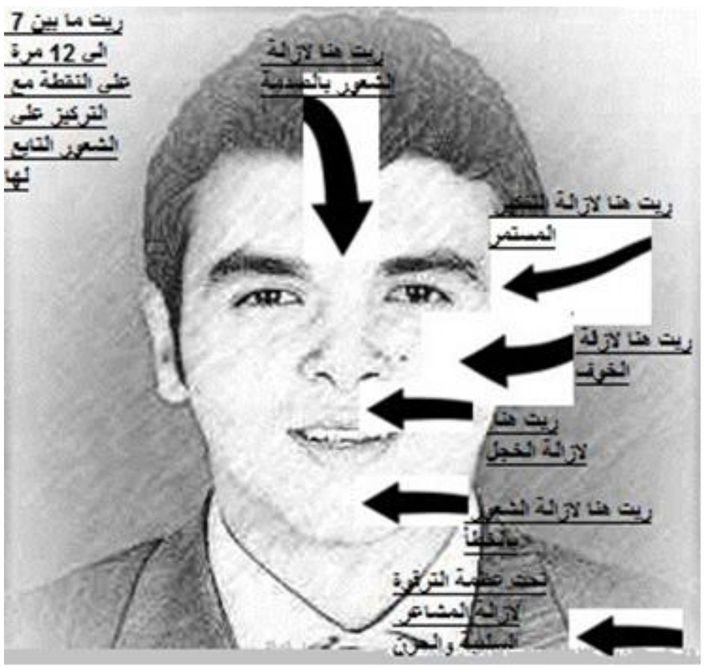
point stage, teaches the recipient how to pat a number of patting points in a specific order. Once again, we say that it is desirable for the practitioner to encourage the beneficiary to tap himself, but if the benefactor is not able to do this (or perhaps he does not wish), then patting the practitioner on the benefactor gives the same ,desired result, and it is okay. Even when the patron patted himself

It is desirable for the practitioner to tap himself with the benefactor, but with the intention of patting the recipient.

How to practice this technique :

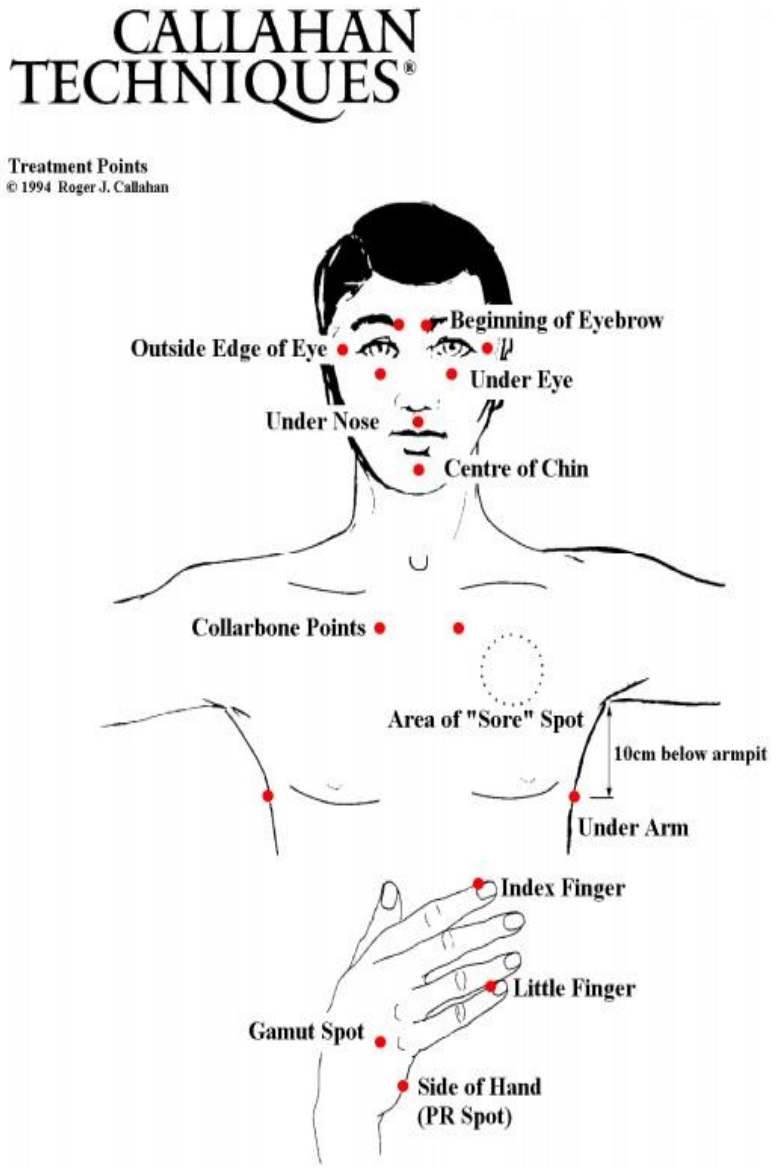
This technique removes negative energy (excess) energy from the main energy pathways in the human body by patting these areas with the fingertips several times. An illustration of patting points in the shortened and simplified method for .psychological freedom




ريت ما بين 7
الى 12 مرة
على النقطة مع
التركيز على
الشعور التابع
لها
ريت هنا لازالة
ريت هنا لازالة
المستمر
ريت هنا لازالة
الخوف
ريت هنا
لازالة الخجل
ريت هنا لازالة


الوسطي
المشاكل
العائلية
البنصر
الغيرة
الخنصر
الغضب
السبابة
لازالة الشعور بالندم او
الذنب
الجاموث
الابهام
لازالة الشعور بالحزن
والاسي وضيق الصدر
الطريقة :- ريت علي المكان
الخاص بالشعور حتي تشعر
بالراحة

Specific applications of diseases (algorithms



Repeat the reminder phrase during the patting process out loud. This reminder is derived from the middle portion of the proof phrase, and should be short and short. If we take the example that we mentioned earlier On a migraine headache, the phrase would be "a killer headache." The aim of using this reminder phrase during the patting round is to keep the problem in practice fresh in the mind during the treatment period. For this reason, it is preferable for the reminder phrase to be read aloud, and we draw attention to the fact that the other verbal methods that we mentioned earlier can be applied in case the recipient does not want to utter the words out loud. And as we have already said about the phrase proving that it is negative, the reminder phrase is also negative, as its aim is

Focusing on the present problem, and the phrase should not be taken on the basis that it "will increase the inculcation of the problem," since the problem already exists. Such a statement may be unacceptable in other treatments, but in the context of TFT it is a useful issue that focuses on the problem during the patting round. It is worth noting here that the point of the ring finger (ring finger) is not usually used because its original location is at the opposite end of the finger, which makes reaching that point difficult without disturbing the balance of the patting process. But there is no harm in using this point and most practitioners use it for ease. This path (the triple energy path) is patted in the next stage when the buffer point is dealt with. These patting points correspond to different pathways in the .body

And for the reader who is familiar with the locations of acupuncture points (and in order to define the points specifically), this table gives MFT points and their equivalent in treatment

Acupuncture. It should be noted here that the last three points are not used in the basic round of training in psychological freedom technique, and they will be discussed later. They are just added here to complete the data. We note from the data available to us so far that the psychological freedom technique includes patting on all paths, except for the path of the liver. This path has been omitted from the basic round of psychological freedom technology, but some practitioners apply it. By patting the liver pathway (14) below the chest, this will be discussed further in Chapter Five. The goal behind using two fingers in patting means that it is not necessary to know the exact location of the point, as the area covered by patting .with two fingers ensures that you hit the target and affect the point

And notice that the process of patting moves the fingers in the form of a question mark "?" On the face, then continue to the rest of the body. The collarbone point used for patting is called the "Tarzan point", and the point under the arm is called the "monkey". These designations have been put in place to facilitate memorization of the points' locations. As mentioned earlier, it is possible to tap using either hand or on any side of the body, and in the case of double taping, there is nothing to prevent a person from switching the hand or side. And repeating the phrase proof. The karate hit point is an acupuncture point "small intestine 3" and the location description of this point can be found in the patting point description table (also used in the patting round).

Buffalo Point Exercise 9: The goal of the buffalo point exercise (9) is to improve brain balance. This is done by closing the eyes, humming and counting. These things stimulate the brain

It includes activities for both the left and right lobes of the brain, and these things are done during the process of patting the buffalo point. This point is located on the back of the hand (both hands), and to find this point, place one of your fingers between the knuckles of the pinky and ring fingers and press there, then move them towards the wrist, after about (1) cm from the starting point, you will feel a vacuum in which your finger may stick. This is the buffalo point. To apply the gamut point exercise 9, the beneficiary is required to tap continuously on the gamut point and **then apply the nine exercise points, which are**:

** Close the eyes

**Open the eyes

** Eye down hard to the right

** eyes down to left

**Move the eyes in a clockwise Rotate the eyes counterclockwise

** Done for two seconds any melody

** Quickly go back to five

** Dandan for two

** seconds again

Steps:

** Rate the problem on a scale of 1-10

** Massage the chest pain point or tap the karate hit point and repeat 3 times.

** “Although I am .... (Name the problem) ....., I accept myself completely and deeply

** Dab each point 7 times while you remember the reminder phrase

** Eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm, thumb, index finger, middle, ring finger, karate strike

** During patting on the buffalo point:direction

**Eyes closed, eyes open, eyes fixed on the right side, eyes fixed down on the left

** Move the eyes in a circular motion in one direction, move the eye in a circular motion in the other direction, humming with a melody and then counting to five, humming with a melody.

Repeat the steps in Clause 3

Rate the problem on a scale of 1-10 The shortcut method: Initially, contact the topic: Identify a specific disturbing situation, remember that situation, and rate your level of discomfort from 0 to 10 (ten is the height of annoyance, while zero means complete freedom from negative feelings).

1) The setting mode: patting the karate area or massaging the pain point while .repeating the proof phrase 3 times

Although I suffer from .... I fully and deeply accept myself.

2) Main (short) sequence points patting the points for specific while focusing on the subject for a period of approximately 5-10 seconds at each point. And repeating the remembrance phrase for each point: This ... (specific topic)

1) eyebrow 2) side of the eye 3) under the eye 4) Under the nose

5 (under the lips) 6 under the collarbone 7) Under the arms 8) Help the hand from the inside

.

9) Help the hand from the outside "opposite side

" 10) the top of the head.

Rate the topic:

Rate the results and scale the discomfort level from 0 to 10. If discomfort does not reach zero, do supplemental rounds

Others on the same topic, live a life free of negative emotions and go about your life without .restrictions



Simple Phobias / Fearالخوف العادي	1	e - a - c - 9g – sq تحت العين _ تحت الإبط_ الترقوة_ حركات العينين التسع مع الهمهمة والعد العكسي _ إعادة التسلسل
Spiders / Claustrophobia / Turbulence الخوف من الاماكن المقفلة او الخوف من العناكب	2	a - e - c - 9g – sq تحت الإبط_تحت العين_ الترقوة_ حركات العينين التسع مع الهمهمة والعد العكسي _ إعادة التسلسل

9g – sq e - c - a - c - e – تحت العين_الترقوة_تحت الإبط_ الترقوة_ تحت العين_حركات العينين التسع مع الهمهمة والعد العكسي _ إعادة التسلسل	3	تسلسل ثانوي يستعمل في حال لم ينجح التسلسل الاول
e - a - c - 9g – sq تحت العين_تحت الإبط_الترقوة_ حركات التسع_إعادة التسلسل	4	General Anxiety / Stress القلق والضغوط اليومية
c - e - c - 9g - sq الترقوة_تحت العين_الترقوة_الحركات التسع_إعادة التسلسل	5	Addictive Urge الإدمان بانواعه
e - a - c - 9g – sq تحت العين_ تحت الإبط_ الترقوة_ الحركات التسع_ إعادة التسلسل	6	تسلسل آخر بحالة لم يستجب التسلسل الاول

e – c – a – c – 9g – sq تحت العين_الترقوة_تحت الإبط_ الترقوة_حركات التسع_إعادة التسلسل	8	تسلسل آخر بحالة لم يستجب التسلسل الاول
eb – c – 9g – sq بين الحاجبين_الترقوة_حركات التسع_إعادة التسلسل	9	Simple Trauma / Rejection / Love Pain / Grief الصدمات البسيطة مثل: الرفض_كسرالقلب_الأسى والزعل

Complex Trauma / Rejection / Love Pain / Grief الصدمات المعقدة مثل: الرفض من الاهل او الحبيب_كسر القلب او الطلاق_الاسى من اعز الناس	10	eb – e – a – c – 9g – sq بين الحاجبين_تحت العين_تحت الإبط_الترقوة_حركات التسع_إعادة التسلسل
Complex Trauma with Guilt الصدمات المعقدة مع الشعور بالذنب او الندم	11	eb – e – a – c – if – c – 9g – sq بين الحاجبين_تحت العين_ الترقوة_إصبع السبابة_الترقوة_حركات التسع_إعادة التسلسل
Complex Trauma with Anger الصدمات المعقدة المترابطة مع الغضب	12	eb – e – a – c – lf – c – 9g – sq بين الحاجبين_تحت العين_تحت الإبط_ الترقوة_الإصبع الصغير_ الترقوة_ حركات التسع_إعادة التسلسل
Intimidation صدمات التهديد والتخويف	13	eb – e – un – c – lf – 9g – sq بين الحاجبين_تحت العين_تحت الإنف_الترقوة_الإصبع الصغير_حركات التسع_إعادة التسلسل

Jealousy مشاعر الغيرة عموماً	14	mf – a – c – 9g – sq إصبع الوسطى_تحت الإبط_الترقوة_ حركات التسع_ إعادة التسلسل
Guilt الشعور بالندم او الذنب او معاتبة الذات	15	if – c – 9g – sq إصبع السبابة_الترقوة_حركات التسع_إعادة التسلسل
Anger	16	lf – c – 9g – sq

إصبع الصغير_الترقوة_حركات التسع_ إعادة التسلسل		مشاعر الغضب
eb – e – a – c – lf – c – 9g – sq بين الحاجبين_تحت العين_تحت الإبط_ الترقوة_ إصبع الصغير_ الترقوة_ حركات التسع_إعادة التسلسل	17	Frustration / Impatience مشاعر الإحباط ونفاذ الصبر
oe – c – 9g – sq بين الحاجبين_الترقوة_الحركات التسع_إعادة التسلسل	18	Rage مشاعر الغيظ والحقد
c – e – c – 9g – sq الترقوة_تحت العين_الترقوة_حركات التسع_إعادة التسلسل	19	Obsession الهواجس والوسواس بانواعه
e – a – c – 9g – sq تحت العين_تحت الإبط_الترقوة_ حركات التسع_إعادة التسلسل	20	تسلسل آخر بحالة لم يستجب التسلسل الاول

a – e – c – 9g – sq تحت الإبط_تحت العين_ الترقوة_ حركات التسع_إعادة التسلسل	21	تسلسل آخر بحالة لم يستجب التسلسل الاول
e – c – a – c – 9g – sq تحت العين_الترقوة_تحت الإبط_الترقوة_حركات التسع_إعادة التسلسل	22	تسلسل آخر بحالة لم يستجب التسلسل الاول

Depression الإكتآب	23	g30 نقطة الكامت – c – 9g – sq على سطح اليد 30 نقرة_ تحت الإبط_حركات التسع_إعادة التسلسل
Complex Depression الإكتئآب المعقد والمترابط بالعديد من المشاعر السلبية الاخرى	24	eb – oe – e – un – ch – a – c – lf – if – 9g – sq بين الحاجبين_جنب العين_تحت العين_تحت الانف_تحت الذقن_تحت الإبط_الترقوة_الإصبع الصغير_إصبع السبابة_حركات التسع_إعادة التسلسل
Physical Pain الاوجاع الجسدية البسيطة مثل وجع الرأس وغيره	25	g50نقطة الكامت – c – 9g – sq على سطح اليد 50 نقرة_الترقوة_ حركات التسع_إعادة التسلسل
تسلسل آخر بحالة لم يستجب التسلسل الاول	26	eb – e – g50 – 9g – sq بين الحاجبين_تحت العين_نقطة الكامت على سطح اليد 50 مرة_إعادة التسلسل
Embarrassment الإرتباك الناتج عن الخجل	27	un – 9g – sq تحت الانف_الحركات التسع_إعادة التسلسل

Shame الشعور بالعيب او الشعور بإرتكاب الخطأ	28	ch – 9g – sq تحت الذقن_الحركات التسع_ إعادة التسلسل
Panic / Anxiety Disorder مشاعر الذعر والخوف_ وإضطرابات القلق	29	eb – e – a – c – 9g – sq بين الحاجبين_تحت العين_تحت الإبط_ الترقوة_حركات التسع_ إعادة التسلسل

e – a – eb – c – lf – 9g – sq تحت العين_تحت الإبط_بين الحاجبين_الترقوة_الإصبع الصغير_الحركات التسع_إعادة التسلسل	30	تسلسل آخر بحالة لم يستجب التسلسل الاول
a – e – eb – c – lf – 9g – sq تحت الإبط_تحت العين_بين الحاجبين_الترقوة_إصبع الصغير_الحركات التسع_إعادة التسلسل	31	تسلسل آخر بحالة لم يستجب التسلسل الاول
eb – a – e – 9g – sq بين الحاجبين_تحت الإبط_تحت العين_حركات التسع_ إعادة التسلسل	32	تسلسل آخر بحالة لم يستجب التسلسل الاول
e – eb – a – lf – 9g – sq تحت العين_بين الحاجبين_تحت الإبط_إصبع الصغير_حركات التسع_ إعادة التسلسل	33	تسلسل آخر بحالة لم يستجب التسلسل الاول
c – e – a – 9g – sq الترقوة_تحت العين_تحت الإبط_ حركات التسع_ إعادة التسلسل	34	تسلسل آخر بحالة لم يستجب التسلسل الاول
a – c – 9g – sq تحت الإبط_الترقوة_حركات التسع_ إعادة التسلسل	35	Jet Lag (East – West) إضرابات السفر مثل عدم النوم والقلق وعدم الإرتياح وخاصة عند السفر من الشرق إلى الغرب

e – c – 9g – sq تحت العين_الترقوة_حركات التسع_ إعادة التسلسل	36	(West – East) إضرابات السفر مثل عدم النوم والقلق وعدم الإرتياح وخاصة عند السفر من الغرب إلى الشرق
a – c – 9g – sq	37	Visualization support for inability to visualise,

تحـت الإبط_ الترقوة_ مع التركيز على صـــورة النقيض_ حركات التســع_ إعادة التسلسل		overcome addictions or achieve peak performance زيادة التخايل او التصـــور والدعم لعدم القدرة على التخايل، والتغلب على الإدمـان أو تحقيق أعلى مستويات الأداء تستعمل هذه التقنية كالإيحاء الذاتي لنرى انفســنا في اعلى مســتوايات الإداء مثـل إلقـاء الخطـب على المسرح او امام حشد كبير وتستعملها الفتيـات اللواتي يخـافون من حفـل الزفاف مع تخايل النقيض.
e – c – e – 9g – sq تحت العين_الترقوة_تحت العين_ حركات التسع_ إعادة التسلسل	38	Enhancement of Motivation تعزيز الحافز ولدعم الثقة بالنفس
Correct for PR at CB^2) تنظيف سـموم الجسـم عبرعكس او هزيمة المشاعر السلبية_ النقر على نقطة الكارتية عدة مرات من دون عدد مع التنفس العميق	39	Self sabotage / Negativity behaviour التخريب الذاتي / سلبية السلوك مثـل: تحقير الـذات او التصـــرف اللاوعي عند الزعل والغضب الخ

Correct for PR at CB^2) تنظيف سـموم الجسـم عبرعكس او هزيمة المشاعر السلبية_ النقر على نقطة الكارتية عدة مرات من دون عدد مع التنفس العميق	39	Self sabotage / Negativity behaviour التخريب الذاتي / سلبية السلوك مثـل: تحقير الـذات او التصـــرف اللاوعي عند الزعل والغضب الخ

Reversal of concepts, words or behaviour عكس الكلمات والمفاهيم والســـــلوك مثل:عندما نقول ملح ونقصــد سكر او نقول يمين ونقصـــــد يســــار او التصــرف بحركات الجســد الغير المقصودة	40	Correct for PR at CB^2) تنظيف ســموم الجســم عبرعكس او هزيمة المشاعر السلبية_ النقر على نقطة الكارتية عدة مرات من دون عدد مع التنفس العميق
Abnormal clumsiness or awkwardness التصـــــرف الشــــاذ والحمـاقـات أو الاحراج في بعض المواقف	41	CB^2 التنفس العميق
When reported SUD is 2 or less لكل الحالات المذكورة انفاً وعندما لا نحصــل على تقيم ذاتي منخفض او اقل من عددين	42	Pr تنظيف ســموم الجســم عبرعكس او هزيمة المشاعر السلبية_ النقر على نقطة الكارتية عدة مرات من دون عدد

Gemstone treatment technique And the secrets of the sacred world



Gemstones without excessive or negligence, God willing, for each stone has natural and post-natural properties that are used in the treatment of diseases and generate balance and harmony, and each stone has its price.

Theories of explaining the effect of precious stones:

First: The theory of radiation forces at the moment of birth: -

The golden rule for explaining the effect of precious stones says that at every moment a cosmic energy springs from the sky on the earth resulting from the movement of the planets surrounding the earth and the angles between them, as well as the movement of the earth in relation to the sun and stars, and these movements produce energies, and the result of these energies may be negative or positive, and it may be Plus or minus, if a newborn was born at some point and this cosmic energy reached him completely, this newborn, God willing, would be very healthy and happy

But if a deficient person came to him in any aspect, this newborn must compensate for this deficiency in his energy with one of the appropriate gemstones, i.e. the gemstone It acts as a generator of energy.

The radiant powers of the newborn at the moment of his birth must reach him in full at the moment of his separation from the field of his mother, and if we assume that these radiative forces were complete and sound and with their known specific value, then the newborn acquires them and is fortified with them and he is very happy and healthy in his life, but if the powers connected Radiation and energies are deficient, here this person must compensate for those forces with precious stones, which in turn generate energy to compensate for the deficiency. On this, a person can focus the appropriate radiation forces and place them on his side, so the person must focus in the field of his body (whether a ring in the finger, an earring in the ear, or a tie pin) a precious stone that matches what he wants as mentioned in the properties of the following stones.

Second: color effect theory :

Color radiation is one of the most important regulating radiations of energy and thus causing health, disease, and controlling the psychological and nervous aspects of all kinds of living creatures on the surface of the earth ..... It has been proven by a lot of scientific research that the waves and frequencies emitted from the bodies of living organisms are color harmonies indicating The state of the body it is sent from, where each color expresses a specific vibration and frequency.

That is why scientists subjected the effect of the gemstone to its color, its radiation strength and its temperature, and according to these variables, the effect of the stone is, every stone, crystal and mineral on the earth has frequencies and vibrations that differ from anything else in the universe,

they are harmonious vibrations (see color therapy) in the heavens and the earth as a result of their absorption and storage of cosmic energy .

Third, action at distance:

The remote influence theory says that things of the same type activate each other, so all things reject what is different in themselves and follow what is similar to their gender, and this is to create a qualitative accumulation, so if water is poured on flat ground, the water moves towards wet spots and avoids dry spots, likewise in The streets find heaps of rubbish that converge and gather in one place, and if two musical tones coincide, they resonate, so when you strike a note, let it be the (Fa) tone, it will respond to it with the same (Fa) tone in any other stringed instrument and produce the same note by itself.

This means that the things in the universe belonging to the same sect:

1. Some of them are recalled.

2. You respond with resonance.

3. Activate each other.

Thus, we find that even the assets from which humans derive their energies or health

Or even their chances of taking the same way, because there is no event that does not depend in its inception on something that precedes it that attracts it to it. That is, everything prepares something else to perform its role just like what is done on the stage where the sentence delivered by an actor alerts another actor to deliver another sentence. The organic matter of the universe makes everything that affects and is affected - it takes and gives - according to an eternal cycle that does not know randomness. Each of the eternal cycles of the universe is governed by two harmonious wills, a positive will (for good) and a negative will (for evil), and the two wills move and they are in perfect harmony in two parallel paths, and each performs its role of controlling and controlling alternately in a specific and known time without clash. That is, precious stones - with all their ambiguities - do harmony between harmonious wills, meaning that each stone

Karim prepares other things around us to perform the role that humans require, as they provide us with what helps us to meditate, heal, calm, and the strength of memory, dreams and success.

Fourth: The Theory of Return to Nature:

It indicates that the entire universe is based on the atom. Man is made of precious stones in the initial process after the Big Bang, as stones are part of nature. Stones are part of nature and made up of minerals, and the human body is made of bone minerals from silicon. Calcium from minerals and blood contains minerals and iron deficiency causes anemia.

Fifthly: the spiritual influence: -

Spiritual philosophers were not satisfied with this scientific explanation, because they added

Spiritual properties of each stone by linking it to one of the beautiful names that responds to the vibration of the stone with its letters and number, so the energy of the names is added to the energy of the stone, which is what they express by saying that the servants of the beautiful names become servants of the gemstone and guards of those who possess it.

- They said that each stone has its own talisman that expresses a specific wish, and the talisman inscription transforms this wish into a three-dimensional target engraved in front of the eye over the gemstone, which becomes like a recording device that echoes the wish and nourishes the subconscious with it without interruption until it is fulfilled. - They said that every disease that afflicts a person has a precious stone that fights it, restores balance and strengthens the sick organ, and even defined psychological and metaphysical properties of each stone, and this is in their belief and not from the belief of the author and the scientific trust has not proven evidence from the book and the Sunnah in this interpretation

But present all ideas comprehensively in the field so that you are aware of all schools There are many forms of using stones and crystals. The stone had to release negative .energies such as ablution every period

It might keep a lot of sweet and expensive stone, but it is not energy-efficient, and not all stones are sun-charged, as non-professionals think. There are stones that are surrounded by dirt, in the sun and in the moon, and there are stones that do not need to be added because no impurities such as citrine are attached to them. In stones that are associated with the earth, such as agate, and stones that are associated with the sky, such as makdovite. Just as there are precious stones, there are also non-precious stones, so I advise girls especially after wearing accessories with gemstones without knowing their properties in proportion to my condition because it is possible for you to get sick and not

The doctor does not know what the reason is, and the specialist discovers that it is a disease resulting from wearing this stone. It is also possible for the stone to benefit others and harm me, so the condition that benefits me does not benefit others. The energy centers, aura, strong organs, and weak organs must be examined to choose a stone that is complementary to your organic, psychological and spiritual condition. The most important need for our hearts to be bright is the best jewel.

Energy charging and healing secrets for precious stones: -

Gemstones can be caught for the purpose of treatment or adornment with them in India, for example, astronomers are working to discover which stones help people and provide them with energy. Gemstones are used to treat physical ailments and mental and emotional disorders alike, as they have a stimulating effect of positive tendency in the life of The human

But when using precious stones, care must be taken because some of them contain very strong energy. If the patient is not equipped to receive this amount of energy, these stones may cause him negative effects and reaction. Some of those who were abused use of heart nervous. Gemstones cure most diseases except in late cases of disease, and the disease has reached the seventh degree of disease such as cancer, where its chances of recovery diminish. So it is difficult to treat a cancer patient with precious stones only. The ideal treatment is one in which various natural remedies are integrated, an approach that resembles food, air, exercise and positive thinking. The gemstone cannot cause harm to the patient if it is not held for a long time, i.e. more than ten minutes. But if this stone is used for decoration

The bearer's feeling of comfort or inconvenience depends on his personal readiness or acceptance of the energy contained in it. As for those who adorn with diamonds, there is no fear for them, because diamond cutting has no effect if it is small in size as it is used in decorative jewelry, and for the stone to be effective it must be large. It is better if any gemstone is used as it is found in nature without breaking it, polishing it or piercing it because the vibrations lie inside it. As for the shape of the stone, it is related to its chemistry, and this has no effect on its bearer, and gemstones have a direct link to the zodiac, the date of birth, and the name of his parents ... because this personal information fits which stones suit him. Some people who know the value and benefits of precious stones want to place them around the house, but before that they must make sure that they do not negatively affect other family members

.

It is best to find a stone that fits everyone. It is necessary to clean the stones from time to time with salt water and put them outside when the moon is full, to recharge itself from the full moon energy

Historical overview The story of gem stones began with humans thousands of years ago, and the ancient Egyptians more than 4000 years ago extracted turquoise, lapis lazuli, emeralds, peridot and agate ... and used them in jewelry and jewelry and decorate their temples and the coffins of their kings.

The most important of which is the treasure of Tutankhamun, which is studded with the most precious stones.

The stones had a material value on the one hand, and a medical and psychological value on the other hand, especially among the ancient Arabs, for they were those who considered healing with precious stones a science, so they used pearls to strengthen the nerves of the eye and heartbeat, and sapphire to stop bleeding and calm horror and fear and gain luck and glory among people.

They also used emerald to prevent epilepsy and to ward off all poisonous insects, turquoise to protect against the envious and evil eye, and garnet to stop bleeding .from anywhere in the body

Types of stones: -

1- Organic stones:

They are the stones produced by living organisms such as plants and animals, such as:

1- Seashells produce pearls.

2- The structure of micro-aquatic animals produces corals.

3- Fossilized secretions Trees produce amber.

4- Petrified trees produce alfalfa.

. 5- The teeth and tusks of some mammals form dentin

. 2- Industrial stones:

The term artificial stones was used for the first time by (the US Federal Trade Agency) to define gemstones that mimic natural stones in terms of chemical, physical and visual properties

And artificial stones can be distinguished by examining them with a microscope, as they are characterized as complete, do not contain any impurities or scratches like those contained in natural stones.

3- magmatic and adamic rocks:

Some rocks crystallize in magma or gas bubbles within volcanoes, such as zircon, topaz, and ruby.

4- Mineral stones:

Mineral stones are distinguished by their components, for example:

1- Quartz contains silicon.

2- Ruby and emerald contain oxide, chromium and nodum.

3- Pearl contains calcium carbonate.

:5- igneous rocks

They are ignited volcanic rocks, when it cools, the water reacts with its contents, forming crystals like beryl stone.

6- metamorphic rocks:

They are rocks of volcanic or sedimentary origin that are transformed by pressure, heat and reaction to produce jadeite, alabaster, and ruby.

7- sedimentary rocks:

Sedimentary rocks were formed by the merging and solidification of some rock deposits and the remnants of organic materials and other materials. For example: sandstone and silicate-rich minerals form amethyst (quartz) and garnet.

8- Volcanic rocks

Igneous rocks are formed from magma ejected from volcanoes or molten and solidified rocks. It often contains a polycrystalline shape

. - :: Crystal structure :: -

1- What is a crystal:

A crystal is a solid substance that contains an internal arrangement of atoms, and this pattern gives the crystal the shape of its description.

2- Shapes of crystals:

Crystals have many shapes, for example:

1- Monoclinic like gypsum

2- Tri-tilted like sapphire

3 - quadrangular or polygonal, such as physophontite.

4- Hexagonal like Aquamarine.

5- A cube like diamond and silver.

6- My eyes are straight, like pearls.

7- Isometric like garnet.

8- Not formal like ivory and aSlicing

.of gem stones ::

.

- 1- Definition of cutting gem stones:

It is the process of shaping and polishing gemstones to enhance their beauty and, in some cases, remove impurities.

2- The stone cutting process amber

Gemstones are formed by sharpening them with a grinding wheel or an abrasive wheel (abrasive: abrasive or polishing). As for smooth stones, wheels of sandstone are used to rub and shape them. For the harsher stones, artificial sharpening wheels are used made of carbonized carbon dium (silicon carbon).

3- Forms of cutting gem stones:

1- Button-shaped cutting.

2- Diamond cutting.

3- Emerald Slicing.

4- Straight cutting.

5- Flat cutting.

6- Embossed pieces

. 7- Mixed or formed pieces

Gemstone Shapes :: - ::

1- The importance of shapes:

Each stone has a different texture, so it must be cut to highlight its beauty, color and luster.

2- The most important forms of stones:

. 1- Ring.

2- The oval.

3- Level

4- The square

. 5- Appraiser

6_Rectangle -6

7- The pillow.

8- Mixed

9- Prolapsed.

10- The boat.

11- Scissors.

Gemstone shine :: -

1- What is a shine?

It is the overall appearance of the stone as seen as a result of the reflected light, which is related to the degree of polishing of the stone's surface.

2- Optical properties:

The degree of refraction of light and the intensity of the color of the stone and their effect on the degree of prismatic color appearing in the stone, in addition to the transparency of some stones and their ability to show two different colors when viewed from different directions.

3- What is the critical angle?

It is the angle at which the total internal reflection of the stone occurs. The light passes through the stone, so if the light passes through the stone, if it passes inside the critical angle

(which is measured with respect to the right angle intersecting with the surface) it will penetrate through the stone. If it passes outside the critical angle, it will be reflected internally.

4- Stone measuring tools:

1- Refractometer

It measures a stone's characteristics or its relative ability to refract light.

2- Polarization detector:

Performs a challenge if the stone is double refracted or monophractic. For example: Synthetic stones have the advantage of duality of reflection, while the advantage is Natural diamonds are monophonic.

3- For a binocular microscope:

It is used with a special lamp with a dark field to determine whether the stone is artificial or natural. 4- Multiple tools and methods for measuring weight: You measure how much a stone is attracted by weight. Example: When the stone floats in a liquid, and its specific gravity is 4, and sinks in a liquid, and its specific gravity is 3, then the specific gravity of the stone should range between these two limits, i.e. 5 and 3 approximately

5- Spectroscopy:

Measures binary chrominance to characterize the absorption spectrum.

:6- Types of gloss

**Glossy like mirrors.

.

**Ground or faded like marshmallow (hydrated magnesium silicate).

**Diamond sparkle like diamond.

** vitreous like sapphire.

** Metallic like silver

** silky like gypsum.

** Waxy like turquoise.

**Greasy like jadeite.

** Resin like amber.

- :: Gem Hardness Measurement :: -

1- Definition of Hardness:

It is important to measure the hardness of a gemstone and ensure it is scratch resistant before purchasing it. Stones are classified according to their hardness and strength of composition during cutting and use.

2- Definition of banana scale:

It is a scale named after its inventor, the German expert in metallurgy, "Frederick Moz". It classifies minerals according to their hardness and strength from 1 to 10, and its principle is that every stone on the scale scratches the one before it, but it does not scratch the next, and so on.

3- Banana scale:

1- Talc.

2- Gypsum.

3- Calcite.

4- Fluorite.

5_Apatite

6- Orthoclase

7- quartz

8- Topaz

9_Corundum.

10- Diamonds.

- :: Astronomical stones :: -

1. By month:

1- January: The Garnet.

2- February: Amethyst.

3- March: Aquamarine.

4- April: Diamonds

5- May: Emerald.

6- June: Pearl.

7 - July: Sapphire

8- August: Sapphire.

9- September: Moonstone October

10: Opal

11- November: Topaz

12- December: Turquoise

2. According to the astrological horoscope:

**Aries: (22 / 3-19 / 4) stone: zircon

.

** Taurus: (20 / 4-20 / 5) stone: emerald

** Gemini: (21 / 5-21 / 6) stone: tourmaline.

** Cancer: (6-22 / 7-22) stone: moonstone

.** Leo: (7/23-22/8) stone: ruby

citrine.

** Libra: (23 / 9-23 / 10) stone: opal Scorpio: (10/24-21/11) stone: red beryl

** Sagittarius: (11 / 22-21 / 12) stone: turquoise.

**Capricorn: (12 / 22-19 / 1) stone: sapphire.

** Aquarius: (20 / 1-18 / 2) stone: azure.

** Pisces: (19 / 2-21 / 3) stone: the symmetric

3. According to the astronomical planet:

** Sun :: Sapphire Stone

** Moon :: Pearl Stone

** Mars = (Lyoneh) :: red coral stone

** Mercury :: Emerald green stone

**Jupiter :: yellow sapphire or topaz stone

**Flower :: Diamond Stone

** Saturn :: sapphire stone

** Neptune :: azure stone

** Pluto :: Tiger's Eye Stone

The functions of different stones and their relationship to the chakras of the human body: -

The first chakra the root base: Thank you for the root base and it is called Maladhara in Sanskrit. This chakra is located below the spine and in the front of the pubic bone. It is responsible for the basic needs of life, security and safety. This thankful is strongly connected from the earth and provides us with the ability to connect with the earth, so when we try to do something in material life or to obtain material needs, the energy of success is

You will come from this thankfulness. If this chakra is closed, the person may feel fearful, anxious, distrustful, and frustrated. The chakra of the root base is the center of white radiance and heavenly light when we see it on a higher spiritual level. This center is the center of material life and is the center of delicate religious heavenly consciousness within material life.

Accordingly, it is the basis of human existence in the physical (natural) world, and if this thankfulness is closed then a person will feel that he is without roots from a physical and spiritual point of view. The development of karma causes a fluctuation between the spiritual and physical dimensions and if this process goes positive then you will feel equal in everything and you will feel able to do what you want to do .physically and spiritually

The thankful radical will make you feel your presence when you are and emit vibrations of soft white light that are closely related to a mother's love. Possible occurrence of obesity problems, loss of appetite and pain of the knee. The body parts connected to this chakra are the perception, the legs, the sexual organs, the lower back, and the color of the chakra is red.

The gemstone related to this chakra is antique red, smoked quartz, tamarine, bloodstone, Chinese stone, ruby, wood, snow pan and black obsidian (black volcanic glass).

The second genital chakra:

And its location 2 inches below the navel and its roots in the spine. This center is responsible for the basic needs of sexuality, morality, learning and self-evaluation

Friendship, passion, and ability to relate to others in a friendly way. It is affected by how emotions were expressed during childhood. An adequate balance in this chakra means the ability to freely express emotions, feel and reach others sexually. If this chakra is closed, the person may feel emotionally out of touch, manipulative, obsessed with sexual thoughts, or a feeling of lack of energy. It may also include physical problems, kidney weakness, lower back stiffness, constipation and joint spasms. The main color of this chakra is orange. When this chakra is clean, the person's thinking will become positive and his thinking will not be penetrated by any muddled thoughts (muddled thoughts are concerned with selfishness and hatred). Because the sexual chakra is rWhen a person's sexual gratitude is clean, purity is reflected in the unconscious, and his life is positive without any complaints, and he is close to others, where the person lives in harmony with the reality of life, so the person himself creates his subconscious, whether it is positive or negative. The gemstone of this thankful is bloodstone, sapphire, tiger eyes pearl, amber, moonstone, antique, garnet and coral.

The third chakra (solar plexus):

The plexus is called the solar plexus, and it is concentrated 2 inches below the rib cage in the middle behind the stomach. This thankfulness is the center of personal strength, the location of the ego (self), emotion, anger, strength, and impulsivity, and it is the center of influences, receiving spiritual guidance and psychological .development.esponsible for purity, purity and pure pink light

When this thankfulness is not balanced, a person feels a lack of confidence, that his thoughts are confused, and his soul is anxious about the thoughts of others, and he feels

That others control his life and may become frustrated. But when the solar plexus is pure and balanced, people will feel that they are reconciled with others and live a life free of conflicts, where relationships are positive and conflicts and conflicts turn into exciting confrontations and learning instead of fighting. The other problems that may arise from the imbalance of this chakra are physical (physical) such as difficulties in the digestive system and diabetic liver, nervous exhaustion and food sensitivity, but when it is balanced you feel happiness, self-respect and a sense of strength in personal strengths. The body parts belonging to this chakra are the stomach, liver, gallbladder, and pancreas. The color of this chakra is yellow. Gemstone: Topaz, Red Agate, Citrine, and Yellow Calcite.

: The fourth chakra (the heart)

It is the heart thank and is located behind the rib cage, front and back, on the spine between the scapula. This is the center of love, spirituality and emotions. It is the most important thankfulness of all, because it contains the seeds of the ability to feel God and sincere love for all people and everything. True pure love is one that is devoid of selfishness, calculations or any demands, and it is the most important thing in a person's life and anything else secondary.

Any mental information in this regard is secondary to the feeling of love. This thankful also connects body, soul and mind with one another. These days, there is no heart that is free of pains and other emotional problems. Heart disease is the # 1 killer of disease in America. Deep heart pains can result in the blockage of the aura (karma) and its so-called scar in the heart. And when you release this

Scars or wounds give rise to old pains, but they release the freedom of the heart to heal and grow again. When this thankfulness is closed or out of balance, you may feel pity for yourself, suspiciousness, fear of expressing what is inside, fear of suffering pain, or feeling the futility of love. It may include physical ailments such as heart attacks, high blood pressure, insomnia and breathing difficulties. Whereas, when this thankfulness is balanced, you are compassionate and friendly and desires the good of all people. The organs connected to this chakra are the heart, lung, circulatory system, shoulders and upper back. The thankful color is green. Gemstone: pink quartz, tarsaline red, and kunzite (pinkish in color).

: The Fifth Chakra (Throat)

Its center is the larynx and the center below the neck, and it is the center of communication, voice, expression and creation through ideas, speech and writing. The larynx is the anger and store them called for Annan. When this chakra is out of balance, you feel limited and calm, and you feel so weak that you cannot express your thoughts ... unwell, skin problems, otitis and throat, dry and inflamed, and back pain. While when this chakra is balanced, you may be well updated,

centered, and inspiring, and when you feel inner peace, never shake or force, regardless of the circumstances surrounding you, the feeling of strength is not just an ordinary force but rather derived from divine power. The parts of the body that include this chakra are the larynx, the neck, the teeth, and the ear. The base color is .light blue

The gemstone is aquamarine and lapis lazuli (blue in color).

: The Sixth Chakra Ajna (The Third Eye)

It is called the third eye, and its location is between the eyes, above the nose, in the middle of the forehead. It is the center of psychological ability, higher education, spiritual energy strength and radiation. It is the center of vision and insight (seeing beyond the scope of sight) and transcendence in temporal and spatial thinking. It radiates a clear green light, and the people who grow this chakra have the possibility to see what others do not see, and counseling can be received and reach the highest psychological ranks. When this thankfulness is out of balance, you may feel fear of success and unsure of yourself, and the ego becomes elevated. Physical symptoms may appear, such as headache, blurred vision, blindness, and eye problems, but when this thankfulness is balanced and open, you feel that you are your own master and do not fear dea The organs that go under this chakra include the eye, the face, the brain, the basic color is dark blue. The gemstone is amethyst (purple / violet) and azure (cyan).

The seventh chakra crown (the top of the head):

It is the thankful that is capable of penetrating light and its color is electric violet. It represents wisdom. When this thankfulness is clean and open, a person will know everything and understand everything mysterious in life. Located at the top of the skull, it is the center of spirituality, enlightenment, energy and practical ideas. they allow the flow of wisdom and come up

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with the cosmic unconscious. It is the center of communication with God and the silver rope that connects the aura with the coronary chakra. The soul comes to the body through the coronary chakra at birth and leaves through it also upon death. When this thankfulness is not balanced, the person will feel frustrated.th and are not .affected by material things

Lack of pleasure and a mixture of shattered feelings. It may cause diseases such as migraine, headache and psychological depression

When this thankfulness is balanced, a person becomes able to contact God and enter the area of the subconscious and the subconscious The gemstone is crystal clear quartz, opal, and amethyst.

How to use crystal and gemstones for treatment

The use of precious stones on the human body for treatment is an effective and powerful way to cleanse negative energy, rebalance the chakras, for emotional influence, bring light, and treat the aura (the aura) (the electromagnetic field around the human body) in its entirety. The carefully programmed gemstones move the human vibrations of these stones into a straight line, and the result is the freedom of life energy force in the chakras and the auras, and the body is treated with energy of light and transforming any diseases or negatives into health and wellness. This process is applicable to quartz crystal stone

And other gemstones or a mixture of both. The crystal may be used alone by placing it by hand for treatment, and the stones may be placed on the recipient (patient's) body from his leg to his head. The healer uses precious stones with colors that match the colors of the chakras). The stone may have many forms. The energy in this type of treatment needs to move in one direction along the body, either from the bottom up or from the top to the bottom.

If the direction of energy is from the ground to the sky (bottom to top), the position of the stones must be towards the recipient's head. The effect of this direction is to move the energy of the recipient (the patient) to higher levels of vibrations and spirituality. If the trend is opposite then it must be

Stone direction towards the legs. This direction moves the life force force from head to toe to stabilize human contact with Earth. To start with this, the recipient (patient) lies on his back on the surface of the massage table with a pillow under his head and neck for more comfort, and the place must be quiet, comfortable and warm, and the treatment stones should be used as they are programmed for this work. Begin by placing a clear quartz crystal stone above the head and under the feet.

And on the right hand we put another crystal and on the left hand we put a pink quartz stone. Then we move from one chakra to another, moving from the foot to the top of the head and placing the appropriate stone for each chakra (make sure .that the stones are close to you so that you can reach them easily)

There may be some stones designated for specific purposes. Let yourself lead you, there are no specific rules to follow. Everything you do is right there is nothing wrong. If the recipient feels that he is not comfortable with the stone, the stone must be removed immediately, as the energy in it does not need the patient. When we put all the stones on the right place, you can start using the hand for treatment .. Make sure to cover the stone with your hand carefully so as not to scatter the energy of the stone.

While the hand is on the stone, and the stone is in the position of the thankful, the thankful will derive energy rays from the stone, so the patient feels a state of balance and health. Continue this state until you feel that this chakra has taken its toll, and thus we move to the other chakra .. Shake the hands to get rid of any .negative plankton before moving on to the other chakra

Another method for the healer is that once gemstones are placed on the chakras, the therapist sits next to the patient and waits for the stones to heal on their own. The chakras absorb the energy in the stone and then restore its balance. When the patient feels that he has taken enough of the stones, the treatment process ends. Then the patient lies quietly without the stones and then we take the stones and clean them before putting them in place. After this operation, there are also stages of removing the body toxins from the patient that may last for a week, by correcting .the diet

Table of Chakras and Gemstones:

Root (red): The special gemstone is Red Agate No. 1, Smoked Quartz No. 2, Tourmaline No. 3, Bloodstone or Sapphire No. 4



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Stone No. 1, the Yemeni red onyx in different forms, and the hadeeth was .mentioned: (Seal with aqeeq, for it is blessed)



.Stone No. 2 Smoked Quartz



Stone No. 3 Tourmaline



.Stone No. 4 bloodstone or ruby red

The second chakra (orange):

The special stone is tiger eyes as shown in the picture



Third solar plexus (yellow): Special gemstones topaz # 1, citrine # 2 and yellow calcite # 3



Stone No. 1 topaz



Stone No. 2 Citrine



.Stone number 3 calcite

Fourth green heart:

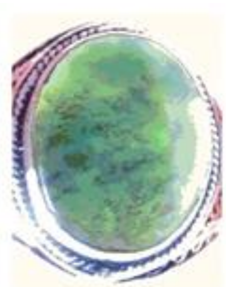
Green Chalcedony No. 1, Green Emerald No. 2, Jasper No. 3, Amazonite Stone (Green Agate) No. 4, Rose Quartz No. 5, Pink Kunzite No. 6



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Stone # 1 Green Chalcedony. 000







.**Stone No. 2 Emerald Green**





Stone number 3 jasper





Stone number 6 kunzit pin

Fifth, light blue (larynx)

Special Gemstone Aquamarine No. 1 (greenish-blue) (greenish-blue) aquamarine (light bluish-green color) = zabrjad Lapis lazuli No. 2 lazord Turquoise (light greenish-.blue color) (bluish green)





Stone No. 1 zerjd, aquamarine



Stone No. 2 lapis lazuli



Stone No. 3 Turquoise

Dark blue ajna (third eye)

Sodali amethyst, azure, clear and blue quartz, hawk eyes. Purple Coronas (vertex) own gemstones Opal No. 1, and Amethyst No. 2



Stone No. 1 opal



Stone No. 2 amethyst.

Gemstone treatment: -

The history of crystal therapy has an ancient history dating back to the Atlantic era, as the cities of that civilization contained many large temples made of crystal that are used as a reason to achieve healing from physical diseases The ancient Egyptians also used certain types of radioactive stones such as uranium and titanium to protect the tombs of the dead and their property. Indian and Chinese civilizations used these stones to increase spiritual energy in the holy places.

As for the Maya civilization, it specialized in building houses and carving statues from crystal and precious stones, believing in the supernatural and mysterious power of these materials and the importance of crystal in physical, psychological and .spiritual treatment

Alternative medical treatments that are globally recognized and proven to bring about a cure. Therefore, we will address this topic by studying, analyzing, and shedding light on the way crystal works, how it affects the human body, and the practical benefits of each type of crystal.

Crystal Mechanism:

Perhaps the question that usually arises on this topic is how does a crystal or stone work and play its role in the human body? Crystal plays its role through two foundations: the energy field surrounding the human body, and the seven energy centers inside the human being. The energy field surrounds man and every living organism, and through the crystal that has a frequency awareness and different vibrations that affect the vibrations of the Negatively or positively, as for the energy centers, which are expressed in the energy nodes, each center has its own speed and vibration and is specialized in specific and distinct vibrations depending on the degree of our focus, perception and awareness, so that it tries to control them all. Because of the importance of talking about the chakras in crystal therapy, it is useful to mention a brief description of these centers in terms of their definition and their location in the body.

The importance of studying the chakras: -

Away from the physical physical body of the human being, there is another body for the human being, which is the spiritual body, and this body forms vibrations from the images and is shaped in such a way as to create multiple energy centers, and the word thankful is a Sanskrit

word meaning wheel (circle). If we can see the chakra (many specialists see the chakra) we will notice a wheel (circles) of energy that are constantly spinning. Organism

According to Clervoyantz, the chakra is a wheel and circles of colored flowers with an axis in the center. The chakras starts from the root base and ends at the top of the head. Every Shackra shakes and revolves in different velocity. The first chakra rotates at the lowest speed, while the seventh chakra rotates at the highest speed. And each chakra has its own color and gemstone to use. The color of the chakras is of the colors of the rainbow (red, orange, yellow, green, indigo, blue, and violet) and the size and strength of the circles or wheel varies according to the individual's .development, physical condition, energy level, diseases and stressors he faces

If the chakras are opened frequently, he will receive the energy of the universe in his body. But if it is closed, it will not allow energy to enter properly into the body, which leads to the occurrence of diseases Most people react to unpleasant or unpleasant events and experiences by shutting down our feelings and thus stopping the natural energy from flowing. This affects the development and growth of these chakras. When a person stops any experience or experience in his life, he is closing these chakras. This becomes distorted.

Whereas when the chakras function normally they are open and turn clockwise to metabolize (the chemical changes related to the construction of the protoplasma that you believe in

Energy necessary for vital activities (specific energies) required from the cosmic energy field). As mentioned previously, any imbalance or imbalance in any of the chakras will affect the physical and emotional body. Thus, we can use crystals and other gemstones to rebalance all the centers of the chakras and as soon as the chakra equilibrium gradually the body returns to its normal position.

The property found in crystal and other gemstones, which makes it a wonderful tool and an ability to treat is due to the presence of the electro-piezoelectric effect, according to scientists (electrical and pressure). And possible to observe this effect in .modern quartz hours

Crystals and precious stones are affected by the electricity in our bodies, and if the energy decreases, the vibrations of the stones quickly work to restore harmony and balance in the body.

Methods of Treatment

Crystal pendulum

Some therapists use it for diagnosis and some of them use it for treatment and most of them use it for both. Diagnosis and treatment. It saves effort and time. If there is contaminated energy in the measured chakra, the pendulum will move .counterclockwise and move in a clockwise direction



It is assumed that the performance of the chakra is good for the person who has .
knowledge of treatment

The energetic will realize that when the pendulum rotates counterclockwise, it means that it cleans and removes the sick energy from the afflicted chakra, and when enlightened experts see it, clairvoyance sees the expulsion of the polluted energy from the chakra to the crystal pendulum in a counterclockwise direction and attracting the positive energy in a clockwise direction. But why is the crystal pendulum used for diagnosis and treatment When it is easier to use a laser crystal, as I will explain, the second method is for treatment, but you can undoubtedly treat patients with a crystal pendulum and not a copper pendulum, because the copper pendulum is only diagnosed and not treated. Ask the patient to lie down and examine the sick chakras, then program the crystal pendulum on the matter with the intention that the healer is 100% God because if It came to your heart that the stone will benefit 1% without God, it will not be treated, because it is also created

It does not benefit or harm, but it needs God to treat, then turn the crystal pendulum counterclockwise for an hour and command it to absorb, uproot, dissolve and expel the polluted energy, and if the chakra needs charging, then you must use another clean, charged crystal pendulum or a charged laser crystal



How to charge the crystal

One of the easiest ways to charge is through energy breathing. This method is more suitable for Muslims than other methods that believe in the existence of healing angels and supreme light-healing beings. I will also list the method as a matter of knowledge. Point your hand to the crystal that you want to clean. Do five deep respiratory (esoteric) cycles, up to twenty respiratory cycles, with the intention of charging and retaining the power. You can also increase the power of the charged crystal by directing it to absorb energy from the sun, air and earth, which are the main sources of vital energy. It is preferable that there are no people beside the crystal because it only picks up the surrounding energy. We want to absorb the .energy of nature, and it is better to touch dirt or grass

Methods of cleaning and charging in some non-Islamic rituals. It is also known that ancient manuscripts used magic. Such matters were developed in other ways that keep pace with technology. Simply they believe that the pathological energy is evil entities and the crystal is charged by placing the crystal on the ground and directing a verbal hymn with the direction of the hand To the crystal and uttering a loud voice <To the greatest being, the superior beings, the mediators of healing, other holy beings, the holy angels, the beings of light, the spirits of nature, the angels of the sun, the air and the earth. Thank you for charging the crystals with blessings, mercy .and healing with thanks in faith and sincerity

Then wait a few minutes for it to charge.

As you see, dear reader, that science is neutral and stripped of any ideas, so everyone learns science without thinking. I would like to show you how science is politicized for a particular religion or thought

Every individual takes knowledge from the standpoint of his religious belief and how he believes, Muslims believe that healing is from God and there is no mediator between them and God in healing for His saying, God Almighty, and if you fall ill, then he will be cured, and also the intention to make a contract without using orders and words in a loud voice only in accordance with the hadith of the Prophet.

Crystal rings and loops

To instantly raise the individual's healin



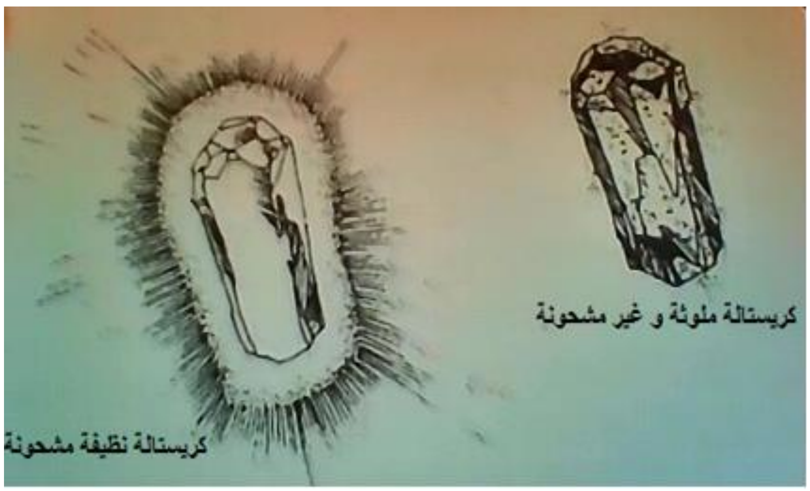
Jewelry:

It is common in many countries for parents or grandparents to prepare jewelry, crystals or stones for their children after death. This is good, but you have to know that such things have awareness and are saturated with the characteristics of the deceased and may be unhealthy. There are many cases in which doctors baffled and when they come to specialists in the field Bioenergy sciences discover that the reason may be wearing a ring that her mother used for her, and the mother had a physical or psychological ailment,

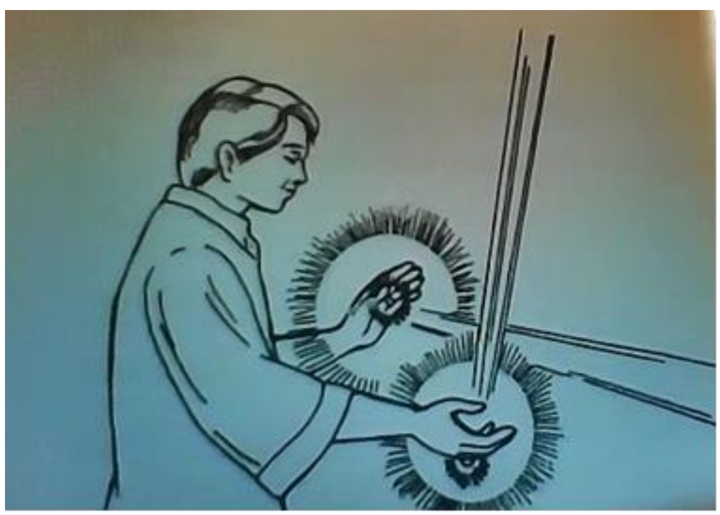
or the mother or father had worn it when he was suffering from cancer and died in it. Psycho and physically ill when he discovered the energy healer was doneg power

Taking off the ring from her finger, I immediately felt a relief, so dear reader, when you buy jewelry, crystals or stones, you should pay attention to that they have been used by many people and over time they have been saturated with negative energy, so he finds that they are cleaned with alcohol, water, salt, or burial, as dust, sandalwood incense, or light Violet for a few minutes until you feel that it is cleaner and brighter.

Also before and after each session, you should clean







Methods of treatment with crystals and precious stones

Instead of the therapist doing a lot of effort with the crystal pendulum or the laser pen, you can simply ask the patient to lie down and then hold the crystals and intend by God's command to clean and charge the desired place with the Divine Healing Card (O God, Lord of people, go away the strength, I heal you are the healer, there is no cure but your healing is a cure that does not leave Sqma) Place several amethyst crystals or amethyst crystals according to the colors of the chakras, crystal quartz or pure quartz along the body on the chakras to provide or pink crystal (the famous rosquartz) and green crystals are safer and easier to use for all situations and persons

And if it is not beneficial, it will not harm the person. Put the crystals on the affected parts or chakras or on the whole body. You can put the crystals in all places from the front of the body except the heart because it may lead to rapid throbbing or pain in the chest, so you should place it on the heart from the back side (Thankful for the heart (background) and not for the pregnant stomach.

It is better if you want to use crystals of different colors and type, you should consult the people of the specialty and do not forget to take the feedback regularly, so ask him about his feelings or feelings, as well as any unusual feeling or unusual experience, whether negative or positive, as the case of looting stops immediately and the experts review.

Steps:

1- Have the patient lie down and ask him / her to relax

2- Ask him to stick his tongue to the soft roof of the throat, if possible

3_Light the sandalwood incense if possible to clean the surrounding energy to ensure the ease of the healing process successfully.

4- I ask God to cure the recited supplications or by any supplication from what God has conferred upon you (Our Lord God who is in the sky sanctifies your name, command you in heaven and earth as your mercy in heaven, place your mercy on earth, forgive us our love and our sins You are the Lord of the good, send down mercy from your mercy and heal from Your sickness will be cured, and he will be healed by Allah's permission, or as it was stated by the Prophet.

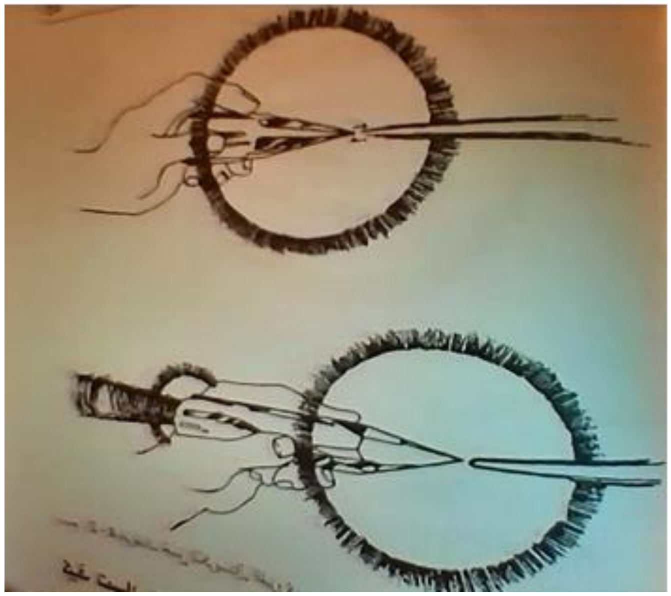
5- Put the stones on his body for a period of 10 minutes to 30 minutes at the end of the procedure, remove all the crystals and pass them with the intention to stop cleaning and charging, God willing, then put them in the water-salt solution. Pass it with the intention to expel all the contaminated and diseased energy that it absorbed from the body into the salt solution and leave it for a day until Read

Laser pen

The quartz crystal is not really a laser, this is just a nickname given to a tall, thin quartz crystal with a tapered head because the energy exiting from the tapered head is concentrated or aggregated. The crystal pen can be used for cleaning and charging also like a crystal pendulum. When a laser crystal head is used for cleaning, it is similar to using high pressure water.

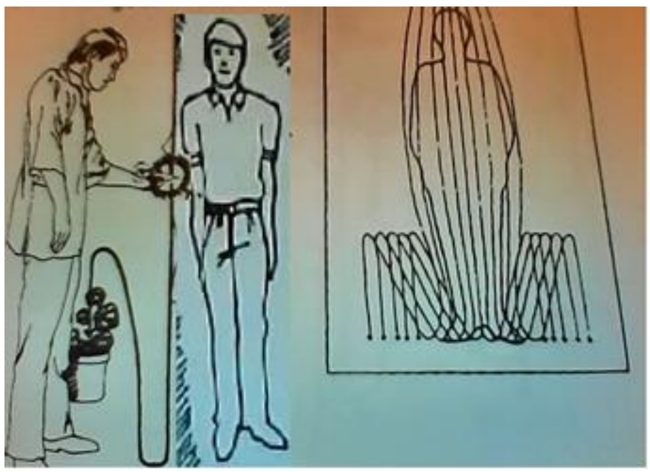
To clean the home floor and the concentrated energy of the laser crystal makes cleaning more effective, and it is preferable that it be 5 inches and a half in length for the pain of constipation and to reduce pollution by the therapist How to hold the pen? Hold it between the thumb, forefinger and the middle with its receiving end .placed inside the palm of the hand as shown in the picture. The crystaly to use again

Directs energy from the hand chakras and finger chakras. You can hold a quartz crystal ball on the other hand to boost energy if available


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How to clean the patient’s energy with the laser pen (general sweeping): Bring the clean, charged laser pen and bring a waste unit next to you, which is a cup of water with salt, in order to throw polluted energy into the imagination so that it does not spread in the place. Intend to displace the sick energy from the patient. Imagine five lines in front of the patient’s body from top to bottom. Move the pen straight or zigzag on the first line from the right side towards the bottom slowly and also on the first line from the left side. Then turn off the patient’s energy to the waste unit next .to you. Basin or A cup full of water and salt

Then repeat the sweep on the second line from the right side and on the second line from the left side. Continue this way with the third, fourth and fifth lines. You will notice an improvement in the patient's condition and a slight change in the color of the face. Go on and sweep from the back so that the cleaning is complete. Do a general sweeping from two to three times, and this method is very useful for removing diseases that may not have reached the physical body and also removes all the polluted energies from the psychological, mental, physical and spiritual aspects. This method saves many lives

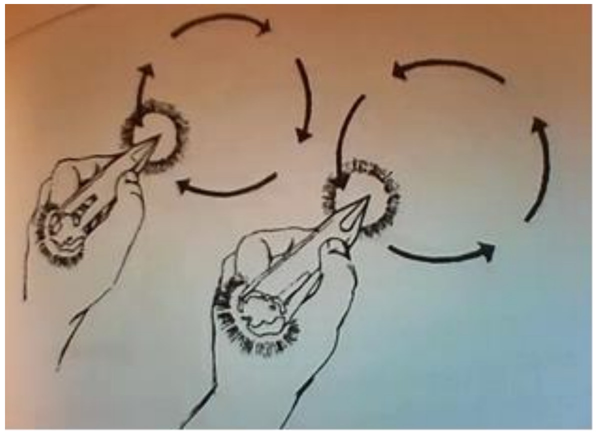

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How to spot clean the affected part or the affected chakra: You can use one of the following five methods as you wish. The intention is to dislodge the patient's energy. Sweep with the laser pen in a straight downward motion on the injured or thankful part. Repeat this five times and then throw the sick energy into the waste unit. Repeat the process seven times or more, God willing. Intend to dislodge the patient's energy. Sweep with the laser pen in a slight zigzag motion .downward on the affected part or chakra

Do this five times, then throw the sick energy into the waste unit. Repeat the process seven or more times, God willing


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Make a clockwise movement with your laser crystal to apply energy to the injured part or the injured chakra, then move it counterclockwise to clean the injured part or the injured chakra for a few seconds. Throw out the diseased energy to the waste unit. A clockwise movement is the approximate face increase of twice the counterclockwise movement with a clockwise movement. If the chakra is bleeding, the movement in the clockwise direction should be two times more than the .counterclockwise movement

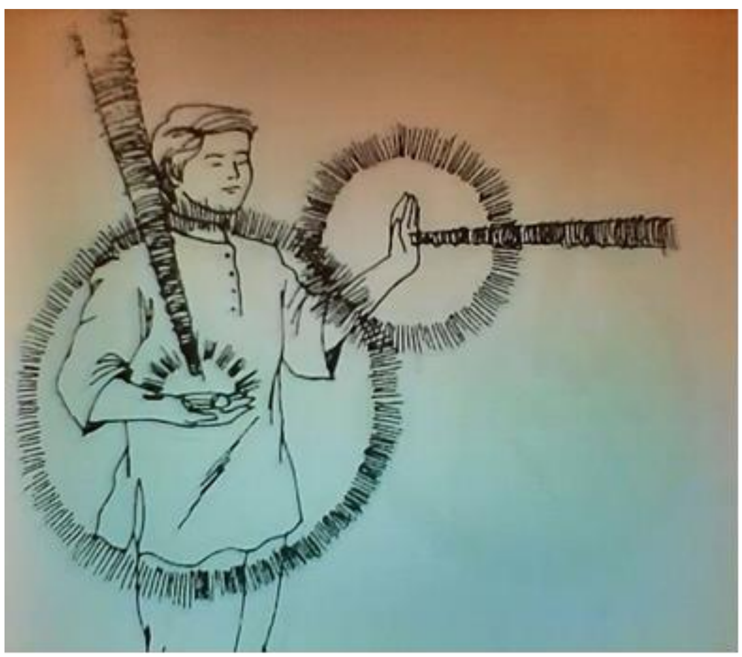


Remote crystal therapy: -

Can you use the crystal for remote treatment? Yeah . Hold the laser film in the right hand and the quartz crystal ball on the left hand. Bring a picture of the patient or imagine the patient in front of you at a length of 12 inches. The imagination does not have to be clear. What is important is the intention to send the healing energy to this particular patient, because the energy runs the path of intention. Apply general sweeping and objective sweeping according to the situation and repeat the patient's name to make the healing process more effective by going all the energy to the patient. Repeat the treatment several times a week as long as necessary. Smile and .thank God and say I love you, my Lord



The normal size of the chakras and aura The energizing effect of the crystal on the chakras and aura











When should the crystal not be worn and away from sitting next to it: -

Patient with high blood pressure because the crystal increases the strength of the energy emission, which leads to an increase in activity in the chakras. A heart patient also worsens the condition. Patient with leukemia because that also worsens the condition. A pregnant woman is hyperactive and may lead to high blood pressure and miscarriage. Cancer patient warns approaching a cancer patient or someone who has a tumor, in this case you will be thankful for the ajna and ming from the solar plexus that is overactive and thus will cause the very rapid spread of .carcinogenic cells

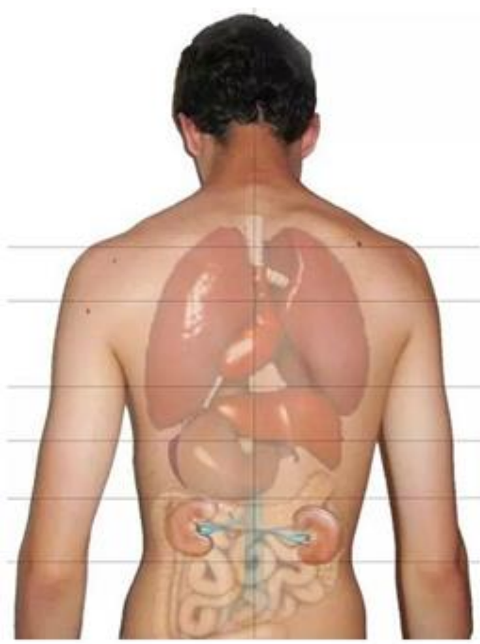
Cupping therapy technique (cupping therapy)










ردود فعل الجلد بعد الحجامة
Skin Reaction after Cupping
Healthy Blood Circulation
الدورة الدموية الصحية
Moderate Stagnation
الركود المعتدل
Severe Stagnation
ركود حاد
Congestion and Toxins
احتقان وسموم
Purpura
طفح جلدي
Blisters
بثور
Black Patches
بقع سوداء
Blood and Qi Deficiency
نقص الدم





Cupping:

We all know that it is a year on the authority of our Prophet Muhammad H. The Messenger of God, may God bless him and grant him peace, said (Yes, cupping medicine, blood goes away, the gaze clears, and the steel dries up).

The Messenger of God said: “I would never pass by a filling of the angels on the Night of the Night Journeys, unless they told you to cupping and instruct your nation to perform cupping.” Al-Bukhari narrated in his Sahih: On the authority of Saeed Bin Jabir, on the authority of Ibn Abbas, may God be pleased with them, he said:

** Hijama is, God willing, the best medicine for an experiment.

** What is cupping, its history, tools, types, benefits, and how it works.

** To teach by viewing. ttps: //www.youtube.com/watch? v = RRqArVkgtlg

Types of cupping: -

Wet (stripe), dry, sliding (massaging)

First:

dry cupping

It is the process of forming a bloody ceremony in the desired position by means of an air cup without tape, and it is usually for some gynecological diseases, children and the elderly.

Dry cupping:

** The cup is placed on the designated location (according to the type of disease or symptom.

** The air is suctioned through the hose until the air is emptied, (and the suction is either through the mouth or using a straw or a syringe. A - A piece of the surface of the skin is sucked into the cup.

. ** Air is trapped by closing the valve

**Leave the cup like this for 3-5 minutes.

** And - then the cup is removed and we find a red circle on the surface of the skin where the mouth of the cup is.

** This method is called an air cup.

Second:cupping or massaging

It is an anointing of the site with olive oil or mint oil, then simple suction and moving the cup on and around the place required to attract blood and collect it in the skin layer, and it precedes in many cases wet cupping, especially incurable diseases such as paralysis, epilepsy, etc.

Third: wet cupping

After the formation of a bloody celebration, we do a simple striping process to allow the blood to drain, and then put a cup to draw the blood The type of cupping is determined according to the disease and the patient’s condition and age. The method of dealing with him is determined by the diabetic, high pressure patient, the child and the elderly, each with a special treatment

Wet cupping:

Added to the above:

A - Striping the outer layer of the skin with a very little depth of about 0.1 mm similar to scratching and about 4 mm long and with 1 dash or more or less distributed in 3 rows, the cup is placed again over the red circle, and the suction process is done and the air is trapped again, which leads to the exit of an amount The amount of blood varies according to the disease, then the cup is removed very carefully with a tissue placed under the cup and the air is gradually evacuated through the valve, and another tissue is placed inside the cup to absorb

The blood is then wiped with the tissue placed under the cup in a direction from the bottom to the top, and if we notice the blood coming out again from the condition, the process is repeated.

And we can repeat five times until we notice no blood coming out. And after the last time, the tape site must be disinfected directly with honey, black seed, or any regular disinfectant. And the place can be covered with "plaster". For diabetics and blood flow, sterile medical acupuncture is used instead of tape, and pregnant women are warned in some places according to the month of pregnancy.

What is cupping: -

Cupping is the withdrawal of freeradicals of free electrolytes from the blood from the body that have caused a specific disease or may cause disease in the future due to the accumulation and fullness of harmful mixtures and volume in the language .means the reduction, that is, the reduction of something

And cupping purifies the blood from harmful mixtures that contaminate the body and blood. 4 types of red and white blood cells, plasma and platelets. Free ions or mixtures are the old red blood cells that age after each cycle of 120 days. With cupping, these harmful mixtures of red blood cells are withdrawn from the red blood cells to heal the person or as The Prophet, may God bless him and grant him peace, said: It is best to use cupping. Cupping is an ancient medical practice known by many human societies, from ancient Egypt in the west, which I have known since 2200 BC, through the Assyrians in 3300 BC, to China in the east.

The ancient cupping - perhaps influenced by surrounding societies - and Islam came to sanction the practice. It was practiced by the Messenger of God

In the two Sahihs, the Prophet (H) protested and gave the hijama his reward, just as the Messenger (H) praised that practice, and he said, as it came from the Prophet (PBUH): The best of what you are treated with is cupping.

Hence, cupping was an essential part of traditional medical practices for many global societies. However, after the spread of "colonial" Western medicine in the countries of the whole world, it became "medicine" and what else was myth and quackery, and after pharmaceutical companies spread and invaded, these retreated. Traditional medical systems and practices remained in the shadows, remnants remained here and there in some Arab Gulf countries - as an informal traditional practice - and in China and East Asian societies - as part of preserving the traditional medical heritage - and it remained so until people in the West began to disbelieve something about Western medicine.

, And they back away from sanctifying him

And they consider that other regimens of medicine, alternative or complementary, may exist. And then began to spread many traditional practices again in the countries of the West and the East here and there.

Finally, cupping began to be modestly and timidly introduced into some of our societies, for example in Egypt and in one of the eastern Cairo neighborhoods, there is now a center that teaches and practices cupping for free as a kind of reviving the Sunnah, and to this center some doctors have started referring some of their patients to treat them for some symptoms, but in the West In the East, cupping is practiced, taught, books are published on it, and published on the Internet as part of the alternative medicine movement.

So can our country witness a benign return of cupping? To be practiced in the light as a cherished part of medical practice that needs to be rediscovered and tested with modern research and experiment methods; Even

We understand its secrets and how it works so that it does not remain captive to old or new interpretations? A big question that the next few days will answer. In the following lines, we learn about this practice closely from a cup (or a small jar) with a nozzle of 5 cm in diameter with a hole on its side, a hose is connected to it, and the hose has a stopcock. And the mouth of the cup is covered with a rubber balloon, and the cupping uses a medical glove and a sterile scalpel. Hijama is a divine grant, a simple method that needs knowledge and learning, based on scientific and medical rules.

Benefits of cupping: -

1- Clearing the immune lymph nodes.

2- Unleash the energy pathways.

Activating and stimulating reflexive reactions in the body to the internal organs of .the body, which increases the brain's attention to the affected organ

And give appropriate orders to the body's internal organs to take the necessary. Absorption of mixtures, toxins and drug traces from the body, which are found in blood pools between the skin and muscles.

And other places in the body and taking it out by scribbling lightly on the skin without signs or bleeding, and whoever did that is not a practitioner of cupping in order to be approved, for cupping must not feel the patient any pain as well as do not see blood permanently after scribbling until he puts the cup and begins to withdraw, so if you have mixtures and toxins, the body will The cup comes out in a black shape, like the shape of rotten blood for the dead. If not, then you are fine, .thank God

** Strengthening general immunity in the body.

** Regulating hormones, especially in the seventh paragraph of the cervical spine.

** Work to adapt the psychological aspect by holding back in the places of the sympathetic and parasympathetic systems.

**Activating the brain, movement, speech, hearing, perception and memory systems.

** Activating the glands, especially the pituitary glands.

** Lift the pressure off the nerves.

** Eliminate some gatherings, mixtures, and causes of pain.

** Absorbs excess acid in the body.

** The natural level of cortisone increases in the blood, so the pain will disappear.
**Stimulates antioxidants.

** Reduces urea in the blood.

** reduce harmful cholesterol in the blood and raise the level of good cholesterol.

** Increase the proportion of natural morphine in the body.

** And many, many benefits that we can not count until now, every moment you .discover new and new scientists

Hijama, God willing, is used in the treatment of all diseases, including:

1 - diseases of the brain and nerves

2- Bone diseases

3- Urinary tract diseases

4- Dermatology

5- Chest diseases

6- Gynecology

7_Internal diseases

8- Cardiovascular and liver diseases

9 - Ear, nose and throat

10 - liver disease

11 - Eye diseases

Psychiatric diseases: depression and psychological states Spiritual diseases:

envy - an eye - magic (sprinkled - eaten - drink - buried - suspended ...)

We show some of them in detail:

(rheumatism - knee roughness - foot salts - sciatica - back pain - neck and shoulder pain - gout - rheumatism - hemiplegia - kidney paralysis - weakened immunity - muscle tension - circulatory stimulation - numbness of the arms - numbness of the legs - pain Belly)

It also uses (hemorrhoids - fistula - prostate and impotence - chronic coughing and diseases of the body - high blood pressure - stomach and ulcers - kidney disease - chronic constipation - diarrhea - urination - depression and introversion and insomnia - narrow blood vessels and atherosclerosis - stomatitis - excessive sleep - Food allergy - skin diseases - kidney stones - bedwetting - quitting smoking - itchy skin - eczema and dermatitis - psoriasis - alopecia alopecia - pancreatitis ......) as well as in the treatment of (heart disease - diabetes - liver and gallbladder - varicose veins) Varicocele - elephantiasis - obesity - thinness - sterility - thyroid gland) As well as in the treatment of all gynecological diseases (uterine bleeding - menopause - all .kinds of secretions - menstrual problems - ovarian stimulation - breast milk

Without pregnancy - post-uterine pains - menstrual cramps - menopause - uterine inflammation - ovarian cysts obstruction of the fallopian tube - migratory lining - nervous tension - psychological states) God informed us about them and made them a cause of healing

Notes and prohibitions:

Cupping has conditions that we cannot do at any time and for anyone: It was mentioned in the ancient medicine books, and the Sunnah is that its time is the seventeenth, nineteenth, twenty-first, or in the third quarter of every Arab month. Ibn al-Qayyim says in Zad al-Maad: Because the blood at the beginning of the month had not yet raged ... It is in the middle and far side, so it will be at the end of the increase. He quotes Ibn Sina's Book of Law as saying: "It is commanded to use .cupping, not at the beginning of the month

Because the blends have not moved and agitated, nor at the end of it; Because they have decreased and decreased, and the mixtures in the middle of the month are very agitating in their increase in order to increase the light in the crime of the moon, and among the crime-fighting authorities that crimes increase in these three lunar nights 13 14 15 because during the full moon with the occurrence of the tide, then all living creatures are like the earth In the water formation, two-thirds of the earth is water, and so is the human body.

That is why the Messenger of God ordered us to fast during these days in order to preserve humanity.

Modern science confirms the greatness of the Qur'an and Sunnah:

There is a close proportional relationship between the earth and the human body in terms of distribution:

The surface of the earth consists of about 80% of fluids, i.e. seas, oceans and rivers, .and about 20% of solid materials, i.e. land

_Likewise, the human body consists of about 80% liquids, and about 20% solids, (this is what science has proven) There is also a close, proportional relationship between the earth and the human body in terms of composition: Earth is made up of different elements: calcium, magnesium, sodium, potassium, sulfate, chloride, sulfate, iron, nitrate, bicrobones, salts ... etc. The human body also consists of the same elements. If we took a healthy bottle of water and analyzed it chemically or read its contents, we would find that it consists of the same elements, and since this water originates from the earth, whether through wells or rivers or through refining it from the seas and oceans, and since we drink this water, our bodies consist of These same .elements are in it

Likewise, if we took a group of different fruits, vegetables and foods and analyzed them, we would find that they consist of the same elements because they are produced from the earth, and since we eat them, our bodies consist of the same elements of the earth, whether liquid or solid. That is, there is a "close and tight bilateral relationship between the earth and the human body.

" (This is what has been proven by science as well). The Holy Qur'an also confirmed this bilateral and tight relationship between the earth and the human body.

[Surah Al- (وبدأ خلق الانسان من طين ... ﴿:Man was created from clay. The Almighty said Sajdah: 7], and clay is from the earth, and therefore man is made of the elements of [Surah (منها خلقناكم وفيها نعيدكم ومنها نخرجكم تارة أخرى﴿ :the earth itself, The Almighty said Taha: 55] There is a close and tight relationship also between: (the moon and the :earth on one side) and (the moon and the human body on the other side)

The moon also has a gravitational force on Earth that causes tides (as it is also known (p) because

The human body, as we mentioned earlier, has the same elements of the earth.) This tide reaches its maximum on the earth and the human body in the white days, which are: the thirteenth, fourteenth and fifteenth of each lunar month, and the days are called white because the moon is full, meaning that it is full. The light is intense, and therefore these nights are white and luminous from the intensity of the moonlight. This is what is observed in these nights - especially - in the desert, and the name is withdrawn to the day because the day includes the white of the day and the blackness of the night, so the days are called white, so the tide increases on the ground and on the person, and it appears on the ground in the form of the highest tides in the seas, and appears on the person By increasing irritability and irritability: nervousness, tension, restlessness, Anxiety ... etc., which leads to: (an increase in crime).

:The biggest evidence for this is

-Concerning the land: If we had gone to the seashore, we would have seen the tides reach their highest these days. (Egg days).

- For a person: If we went to the forgiven or the courts or read in the newspapers, we would find that the largest percentage of crimes, suicide, thefts, traffic accidents and divorce occur on these days (also).

Modern science came to reveal the secret:

Dr. Muhammad Ali Al-Bar quoted Dr. Lieber, a psychologist from Miami, in the United States: “There is a strong correlation between the completion of the moon cycle and acts of violence in humans, especially between him and alcoholics, violent tendencies, and those with criminal tendencies. And those who suffer from mental and emotional instability. It became clear to him from the analyzes and graphical statistics that he collected, which he obtained from

Accident records in hospitals and police stations, and after linking their dates with lunar days, that the rates of murderous crime and traffic accidents are linked to the completion of the moon cycle, and individuals who suffer from mental disorders, patients with dual personality, and the elderly are more likely to be affected by the lunar cycle. The largest percentage of divorce and violent quarreling is in the middle of the month, at the full moon. "Lieber" explains his theory, saying: "The human body is like the surface of the earth consisting of 80% of water and the rest is solid materials." Therefore, he believes that the force of the moon's gravitational pull that causes tides in the seas and oceans also causes this tide in our bodies when it ” .reaches The Moon: Its fullness in the white days

In his book, "The Lunar Effect," Dr. Lieber says that he alerted the Miami Police and requested that the psychoanalysis specialist at Jackson Memorial Hospital be placed in an emergency state in anticipation of the events that would occur as a result of disturbances in human behavior, affected by the increase in the moon's gravity. Dr. Lieber says: "What happened was a hell that opened up. The crime doubled in the first three weeks of January 1973, and there were other reports of other strange crimes and crimes that had no motive." It became known that the moon in its cycle had an effect on human behavior and on Mood, and there are cases called (lunar madness) where the disturbance in human behavior reaches its maximum extent on .the days when the moon is full (on white days)

The Messenger of God (may God be pleased with him) did not believe, wisely, and .know him about the secrets of the soul, its secrets, its mixtures, and its hormones

Fasting, including abstaining from consuming fluids, works to reduce the percentage of water in the body during this period when the moon's influence on a person reaches its maximum. Comfort, health and tranquility, Glory be to God! * Hence the (Prophet's miracle) in the commandment, and he commanded us to fast the white days, in order to avoid these serious illnesses, terrible crimes, and terrible accidents. Fasting is in addition to: worship, reward, obedience, and a great reward for a Muslim, as it is also protection, happiness, health and mercy for a person. Allah is the) greatest!! Truly, it is: This is the mercy given by the Lord of Glory, who said in it: K .[Al-Anbiya`: 107](وما ارسلناكم الا رحمة للعالمين

Perhaps this scientific fact reveals: a remarkable miracle of the miracles of the * (illiterate) Prophet, may God's prayers and peace be upon him and his family, which indicates his prophethood, may blessings and peace be upon him, and which confirms that Islam is: the true religion revealed by the Creator of the heavens and the earth who set scientific laws in nature. . Who knew this scientific fact nearly ﴿پ ٻ fourteen centuries ago or more ?! Indeed, it is just as God Almighty said about it [Al-Najm 3: 4]. * Perhaps the goal of this (the ﴾ وما ينطق عن الهوى * ال هو الا وحي يوحى prophetic miracles): to alert a person to return to his Lord, glory be to Him, no matter how much knowledge takes him, and the arrogance of progress. The addition, it calls for all kinds of sciences and arts: chemistry, physics, Almighty said .astronomy, nature, geography, economics, politics, grammar and rhetoric. etc

Ibn al-Qayyim cited a saying that cupping on an empty stomach is better than a full stomach, because on an empty stomach it is a cure, and satiety is a disease. And cupping in the morning and noon is better than at night, and it is recommended on Mondays, Tuesdays, and Thursdays, and is forbidden on Saturdays and Wednesdays, and disliked on Friday, as Ibn al-Qayyim quoted in Zad al-Ma`ad on the authority of Ibn Sina as saying: Its times in the day are the second or third hour and it must be avoided after the bath except for those who His blood is thick, so he must take a shower, then take a rest for an hour, then cupple. Ibn al-Qayyim says: Choosing these times for cupping is whether it is for precaution, avoiding harm and preserving health, and as for curing diseases, wherever there is a need for them, they must be .used and God knows best

In summer, cupping is better than in winter (the room can be heated). In hot countries, it is better than in cold countries. Then the blood ripens and becomes thin and comes out to the inside surface of the body, so the cupping takes it out. It is not possible to do cupping for a person who is afraid. It must be reassured first. And it is also not possible to hold back a person who feels very cold; In both cases, the blood .is fleeing

The modern pilgrims warn against doing cupping for those who start dialysis, for those who donate blood until after three days, for those who take stimulants until he leaves them, and for those who have installed a pacemaker that does not work .for him on the heart

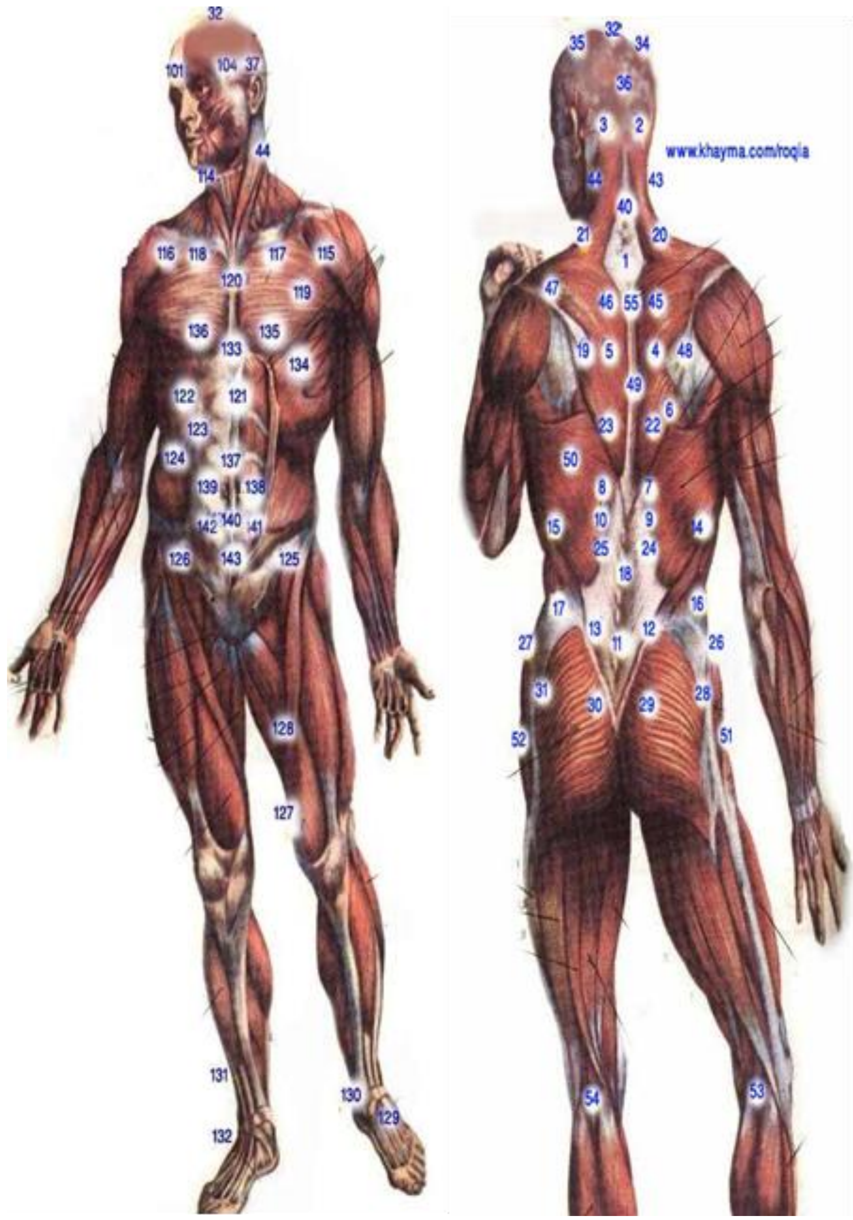
The pilgrims in the West add banning alcohol for 24 hours or smoking marijuana for 48 hours, drinking cold or iced drinks for 24 hours, and having sex for 24 hours, and they recommend keeping the cupping area covered and warm for 24 hours as well. There are ninety-eight places for cupping, fifty-five of them on the back and forty-three of them on the face and abdomen, and each disease has specific places for cupping (one or more places for each) of the human body. The most important of these places - which is also common to all diseases, and it is the one with which we always start - “the kahel” (the seventh paragraph, called c7, schools of cupping from the cervical vertebrae, i.e. at the level of the shoulder and lower neck, which is the year as well, and this place treats 71 diseases). And due to the large number of .places that work on cupping; Due to its many effects on the body

They work on power lines, which are used by Chinese needles, and it has been found that cupping has ten times better results than Chinese needles, and it may be due to this. Because the needle works on a small point, while the cupping works on a circle about 5 cm in diameter. The cupping also works on the positions of the nerves of the reflexes, so every organ in the body has nerves that feed it and the other for the reactions, and then each disease appears (any action) a reaction whose location differs according to the end of the nerve for the reflexes in it, and this is called "Reflex", for example The stomach has two places in the back, and when the stomach is sick, we do cupping on these two places, as well as the pancreas has two .places, and the colon has 6 places ... and so on

Hijama also works on the lymph nodes, and it activates them. This strengthens the immunity and makes it fight diseases and viruses such as the "C" virus. It also works on blood vessels and nerves, stimulates all glands, strengthens immunity, stimulates brain centers, and more. Cases that benefit from cupping: Hijama benefits in nearly eighty cases between illness and symptom, according to the results of practical experience recorded by practitioners here and there, and among those cases, for example: rheumatism, rheumatoid, gout, paraplegia, kidneys, weak immunity, hemorrhoids, prostate enlargement, and thyroid gland Impotence, high blood pressure, stomach ulcers, irritable bowel syndrome, bedwetting in children over five ,years old, narrowing of blood vessels, atherosclerosis

Diabetes, varicose veins and testicles, obesity, thinness, infertility, total and migraine headaches, eye diseases, liver, kidneys, hearing impairment, convulsions, brain cell .atrophy, uterine bleeding, menopause, and many more

:Placements in order of importance



Sickness 1/55/101/36/32/34/35/11, then cupping on joints, muscles and neck 43/44 from front and back with honey, royal jelly and daily massage.

1 - Atrophy of brain cells 1/55/101/36/32 / (107 on both sides) 114/11/12/13.

2- Excess electricity in the brain (convulsions) 1/55/2/3/32

3 - Activate Focus Center 39 / (unnecessarily harmful to memory, and its repetition inherits forgetfulness)

4 - Memory center 1/55/2/3 and can replace 43/44 instead of 2/3. The following is added if the reason is:

5 - Headache 104/105/36

(1) Eye strain 102/103/114

(2) Sinus 11/101/32

(3) High pressure 28/29/30/31

(4)Constipation 4/5/120

(5) 7/8 colds

(6) Stomach 9/10

7) Kidney 12/11/13

(8) The menstrual cycle for women 6/48

(9) Gallbladder, liver and spine cupping

(10) Backbone 6/11/32.

(11) Tension 120/49 and a mixture of 1 kilo of brown honey and 1/4 kilo crushed fenugreek and 1/4 kilogram of ground black seed mixed and taken every day a spoonful.

(12) Anemia cupping the head on painful sites.

(13) Brain tumors 1/55/2/3/106 + places of pain.

. 6 - Migraine 1/55/36 with diluted vinegar and a little sugar

7_Sleeping too much 1/55/6/11/32, below the knees.

8 - Depression, introversion, insomnia and nervous tension 1/55/6/48/7/8/14/15/16/17/18/45/46 and dry 137

9- Irritable Bowel Syndrome after five years of age dry cupping 137/138/139/140/142/143/125/126

10 - Bedwetting 1/55/110/111/112/113 on the affected side and 114 site.

11 - Neuritis of the fifth and seventh right: 1/55/11/12/26/51 and places of pain in the leg, especially the beginning and end of the muscle. Left leg: 1/55/11/13/27/52 and pain points in the leg.

12- Sciatica 1/55/11/12/13/34 or 35 and all joints of the affected side and daily massage.

13 - Paraplegia 1/55/11/12/13/34/35/36 and all joints of the body and daily massage

14 - Total paralysis 1/55/40/20/21 and the affected arm joints and muscles.

15 - Numbness of the arms 1/55/11/12/13/26/27 and the affected leg joints and muscles.

16 - Numbness of the legs 1/55/36/101/104/105/9/10/34/35 and above the eyebrows and over the hairline.

17 - All eye diseases 1/55/20/21/41

18_ - tonsils, larynx, gums, teeth and middle ear 1/55/102/103/108/109/36/14 and the hair circle.

19 - Sinus 1/55/20/21/37/38 and behind the ear./42/120/49/114/43/44

20_Hearing impairment and inflammation of the nerves of the hearing and ear cuff 1/55/36/33 / 107/114

21 - Not pronouncing 1/55/4/5/120/49/115/116/9/10/117/118/135/136 and two sizes below the knees.

22 - Chronic cough and lung disease 1/55/106/11/32

23 - Help to Quit Smoking 1/55/19/19 119/7/8/46/47/133/134

24 - Heart disease 1/55/11 and cupping on pain sites and a spoonful of diluted vinegar and a little sugar day after day, especially apple cider vinegar.

25 - Vasoconstriction and atherosclerosis 1 / 55/2/3/11/12/13/101/32/6/48/9/10/7/8 and 43 and 44 can be replaced instead of 2 and 3

26 - High blood pressure Note: Rest two days beforehand, lift the injured foot up, and then put it in warm water for two hours before cupping. 1/55/11/12/13/120/49/121 and around the injured leg from top to bottom in addition to 125/126/53/54

27 - Elephantiasis 1/55/28/29/30/31/132 and the sites of infection far from prominent places.

28 - Varicose veins 1/55/11 and ten cijamas on both sides of the spine from top to .bottom, in addition to a spoonful of vinegar and a little sugar day after day

29_Activating blood circulation 1/55/9/10/41/42 / and dry 137/140 -

30- Kidney diseases 1/55/48/41/42/46/51/122/123/124 and 5 cupping on the right leg from the outside.

31 - Liver and gallbladder 1/55/121

32_Stomatitis 1/55/7/8/50/41/42 / Dry 137/138/139/14

33 - Stomach and ulcers dry cupping 137/138/139/140

34 - Diarrhea 1/55/11/12/13/28/29/30/31

35 - Chronic constipation 1/55/121/11/6 and dry cupping 137/138/129

36 - Hemorrhoids 1/55/6/11/12/13 around the anus and above the opening of the fistula.

37 - One dry cupping fistula directly on the navel.

38 - Food sensitivity 1/55/9/10/120/49 and flabby spots.

39 - Obesity 1/55/121

40 - Thinness 1/55 and all areas of pain.

41 - Rheumatism 1/55/120/49/36 and all joints of the body, large and small.

42 - Rheumatoid 1/55/11/12/13 and around the knee and 53/54 may be added.

43 - Roughness of the knee 1/55/13 and the right and left of the heel, and 9/10 can be added

44 - Foot salts 1/55/28/29/30/31/121 and pain points

45 - Gout, dry several times around the affected muscle

46 - Muscle tension 1/55/40/20/21 and pain sites

47 - Neck and shoulder pain 1/55 and on both sides of the spine and pain sites

48 - Back pain 1/55/7/8 and dry on 137/138/139/140 and on the back opposite the .place of pain

49_Abdominal pain 1/55/120/49/129/131/7/8/21 and on the places of injury

50 - Dermatology 1/55/129/120

51 - Ulcers and boils in the legs and thighs, and itching of the buttocks 1/55/41/42

52 - The thyroid gland 1/55/6/7/8/22/23/24/25/120/49 and the place of cupping is .applied with cream Fucidin for a period of three days

53_Sugar 1/55/120/49

54 - Impairment of immunity 1/55/6/11/12/13/120/49/125/12/143/41/42

55 - Infertility 1/55/6/11/12/13 and for impotence: 125/126/131 on the legs, dry 140/143

56 - Prostate and ED 1/55/6/11/12/13/28/29/30/31/125/126

57 - Varicocele 1/55 and three dry cupping under each breast every day until blood rises. Women disease:

58 - Uterine bleeding 1/55/129 and 131 from outside / 135/136

59 - The menstrual cycle is interrupted by three dry cupping under each breast every day until the secretions increase and 1/55/120/49/11/12/13/143 and if it is without smell, color or itching: 1/55/9/10/41 / 42/11/12/13/143 60 - 125/126/137/138/139/140/141/142/143, Brown, 1/55, Dry

61 - Menstrual problems for girls 1/55/11 and dry 126/125

62 - To stimulate the ovaries 1/55/6/48/11/12/13/120/49 and dry 125/126 and to .regulate the dates of the cycle, the second day of the period is preferred

63_Post-uterine pain, menstrual cramps, problems after ligation of the ovaries, the - presence of milk in the breast without pregnancy, and menopausal diseases (depression - nervous tension - uterine infections - psychological conditions. the disease.

: Placements in order of importance

1_Brain cell atrophy 1/55/101/36/32/34/35/11, then cupping on the joints, muscles and neck 43/44 from the front and back with honey, royal jelly and daily massage.

2 - excess electricity in the brain (convulsions) 1/55/101/36/32 / (107 on both sides) / 114/11 12/13

3 - Activate Center Focus 1/55/2/3/32

4 - Memory Center 39 / (needlessly harmful to the memory, and its repetition inherits forgetfulness)

5- Headache 1/55/2/3 and 43/44 can be replaced instead of 2/3. The following is added if the reason is:

** Eye strain 104/105/36

**Sinus 102/103/114

** High pressure 11/101/32

** Constipation 28/29/30/31

** Colds 4/5/1

** stomach 7/8

**Kidneys 9/10

** Women's menstrual cycle 12/11/13

** Gallbladder and liver 6/48

6 – backbone

And cupping on the spine

** tension 6/11/32

** Anemia 120/49 and a mixture of 1 kilo of brown honey and 1/4 kilo of ground fenugreek and 1/4 kilo of ground black seed mixed and taken every day a spoonful.

7 - brain tumors cupping on the head in places of pain

8 - Migraine 1/55 / 2/3/106 + places of pain.

9- Sleeping a lot 1/55/36 with diluted vinegar and a little sugar.

10 - depression, introversion, insomnia and nervous tension 1/55/6/11/32, below the knees.

11 - Irritable bowel 1/55/6/48/7/8/14/15/16/17/18/45/46 and dry 137

12 - Bedwetting / after five years of age, dry cupping 137/138/139/140/142/143/125/126

11 - Inflammation of the fifth and seventh neuritis 1/55/110/111/112/113 on the injured side and 114 position.

12 - Sciatica right: 1/55/11/12/26/51 and places of pain in the leg, especially the beginning and end of the muscle. Left leg: 1/55/11/13/27/52 and pain points in the leg.

13 - Paraplegia 1/55/11/12/13/34 or 35 and all joints of the affected side and daily massage.

14 - total paralysis

and all joints of the body and daily massage 36/35/34/13/12/11/55/1

15 - Numbness of the arms 1/55/40/20/21 and affected arm joints and muscles.

16 - Numbness of the legs 1/55/11/12/13/26/27 And affected leg joints and muscles.

17 - All eye diseases 1/55/36/101/104/105/9/10/34/35 and above the eyebrows and over the hair circle.

18 - Tonsils, larynx, gums, teeth and middle ear 1/55/20/21/41/42/120/49/114/43/44

19 - sinuses 1/55/102/103/108/109/36/14 and the circle of poetry

20 - Hearing impairment and inflammation of the nerves of hearing and ear snouts 1/55/20/21/37/38 and behind the ear

21 - Not pronouncing 1/55/36/33/107/114

22 - chronic cough and lung disease 1/55/4/5/120/49/115/116/9/10/117/118/135/136 and two sizes below the knees.
23 - Help to quit smoking 1/55/106/11/32

24 - Cardiology 1/55/19/119/7/8/46/47/133/134

25 - Vasoconstriction and atherosclerosis 1/55/11 and cupping on the pain sites and a spoonful of diluted vinegar and a little sugar day after day, especially apple cider .vinegar

26_High blood pressure 1 / 55/2/3/11/12/13/101/32/6/48/9/10/7/8 and 43 and 44 can be replaced instead of 2 and 3

27 - elephantiasis Note: The injured foot is rested two days before it is raised up, then placed in warm water for two hours before cupping. 1/55/11/12/13/120/49/121 and around the injured man from top to bottom in addition to 125/126/53/54.

28 - Varicose veins 1/55/28/29/30/31/132 and the places of injury away from the prominent places.

29 - Activate blood circulation 1/55/11 and ten hijamas on both sides of the spine from top to bottom, in addition to a spoonful of vinegar and a little sugar day after day.

30 - Kidney Diseases 1/55/9/10/41/42 / and Dry 137/140

31 - liver and gallbladder 1/55/48/41/42/46/51/122/123/124 and 5 cupping on the right leg from the outside.

32 - Gastritis 1/55/121

33 - stomach and ulcers 1/55/7/8/50/41/42 / dry 137/138/139/14

34 - Diarrhea, dry cupping 137/138/139/140

35 - Chronic Constipation 1/55/11/12/13/28/29/30/31

36 - Hemorrhoids 1/55/121/11/6 and dry pads 137/138/129

37_fistula 1/55/6/11/12/13 Around the anus and above the opening of the fistula.

38 - Food Allergy One dry cupping directly on the navel

. 39 - Obesity 1/55/9/10/120/49 and flabby spots.

40 - Slim 1/55/121

41 - Rheumatism 1/55 and all areas of pain.

42 - Rheumatoid 1/55/120/49/36 and all large and small body joints.

43 - roughness of the knee 1/55/11/12/13 and around the knee 53/54 can be added.

44 - Foot salts 1/55/13 and to the right and left of the heel, and 9/10 can be added

45 - Gout 1/55/28/29/30/31/121 and pain points

46 - Muscle tension, several dry cupping around the affected muscle

47 - Neck and shoulder pain 1/55/40/20/21 and pain sites

48 - back pain 1/55 and on both sides of the spine and pain sites

49 - Abdominal pain 1/55/7/8 And dry on 137/138/139/140 and on the back opposite the place of pain.

50 - Skin diseases 1/55/120/49/129/131/7/8/21 and on the places of injury

51 - Sores and carbuncles on the legs and thighs and itching of the buttocks 1/55/129/120 52 - Thyroid Gland 1/55/41/42

53_Al-Sukkar 1/55/6/7/8/22/23/24/25/120/49 and anoint the place of cupping with cream with Fucidin for three days.

54 - weak immunity 1/55/120/49

55 - Infertility 1/55/6/11/12/13/120/49/125/126/143/41/42

56 - prostate and sexual dysfunction 1/55/6/11/12/13 And for impotence: 125/126/131 on the legs, dry 140/143

57 - Varicocele 1/55/6/11/12/13/28/29/30/31/125/126 Women disease:

58 - Uterine bleeding 1/55 And three dry cupping under each breast every day until blood rises.

59 - Menopause 1/55/129 and 131 from abroad / 135/136

60 - Brown vaginal discharge Three dry pads under each breast every day until secretions increase And 1/55/120/49/11/12/13/143 If it is odorless, colorless, or frizzy: 1/55/9/10/41/42/11/12/13/143

61 - Menstrual problems for girls 1/55 and dry 125/126/137/138/139/140/141/142/143

62 - To stimulate the ovaries 1/55/11 and dry 125/126

63_Post-uterine mother, menstrual cramps, problems after ligation of the ovaries, - milk in the breast without pregnancy, and menopausal diseases (depression - nervous tension - uterine infections - psychological states) 1/55/6/48/11/12/13/120/49 and dry 125/126 and to organize the course dates, the second day of the session is preferred. The withers at the seventh paragraph of the cervical vertebrae, which is called universally in the language of specialists c7, at the prominent bone below the occiput.

Benefits:

This place is one of the most important places for cupping in the human body, and it is useful for most diseases. (2, 3) - the sides of the occiput fovea below the back of the skull.

Benefits:

Beneficial for headache, blood pressure, forgetfulness, some vision problems, and most head symptoms. These two positions can be replaced by cupping on the sides of the neck

(43, 44). (4, 5) The air door between the two plates is up at the branching of the .trachea and the beginning of the lungs

Facing the stomach in the middle of the back on either side of the spine. - (8 ,7) Good for stomach diseases.

(9, 10) - Under (7, 8) is beneficial for kidney disease.

(11) - The beginning of the lumbar vertebrae at the prominent bone in the lower back and its volume is beneficial for most diseases of the lower half of the body.

(12, 13) - About five centimeters on either side of position 11 up, good for prostate .and urinary problems

at the posterior corners of the colon. (16, 15,14 ,17)

(19) - Opposite to the heart from the back, which is useful for heart diseases.

(20, 21) On the shoulder of both sides of the ruqyah: it is used for neck and shoulder pain and numbness of the arms.

(24, 25) - Early in the lower back, good for diabetes.

(32) - In the important place, it is useful for the treatment of excess electricity (convulsions) in the brain, cell atrophy, and mental retardation.

(36) At the bone projecting at the back of the head.

(37, 38) 3 cm above the ears.

(40) Center neck over nape.

(41, 42) on the back of the left and right.

(43, 44) - On both sides of the neck, the two “bows” have the same benefits (2, 3). Therefore, it is one of the good places for women to cupping instead of shaving the hair in position (2, 3).

(55) Below the withers by about 3 cm: withers in most cases, especially palpitations. .(104, 105) - on the side of the "temples" eyebrows

Under the ends of the collarbones, good for coughing and lung diseases. - (116,115)

(117, 118) - under the center of the wishbone four fingers the same width. Benefit from heart disease .

(120) - At the sternum, it is useful for diseases of the chest and strengthening immunity.

(121) The mouth of the stomach, which is just below the breastbone, over the .socket

above the liver to the right of the abdomen. (125, 126) between the (124,123 ,122) abdomen and the thigh next to the pubis.

(127, 128) on the inner thighs.

(129) On the back of the foot.

(130) On the inside and outside of the heel for "foot salts." (131) About 5 cm above the heel bone on the outside.

(135, 136) 5 cm from the nipple from the inside of the "lungs".

Benefits of general cupping

** Regulating the work of the autonomic nervous system

**Regulating the secretion of endocrine glands hormone balance

** Calm the nerves

** Stimulate blood circulation

** Activate the movement centers in the body

** Activation of neurotransmitters

Types:

:There are two types of cupping, as mentioned in the beginning of the letter, namely

The first type: dry cupping, or cupping without a condition.

And the second type: cupping with a condition, or wet, or bloody.

Dry cupping is followed by what is mentioned when it is done: sterilizing the area .to be cupped with medical disinfectants

Putting a little olive oil on the edge of the cup that is to be reduced to, in order to ensure that the air does not leak from the cup to the outside while sticking to the skin, because the leakage of air prevents the cup from sticking tightly to the skin. Discharge the scaled cup from the air by the suction device. Leave the cup for a period of five to ten minutes and do not add to that, then remove the cup gently, by pressing on the skin at the edge of the cup. In the event that the position of the cupping is the face, the duration of the stay of the cup on the position does not exceed half a minute.

As for wet cupping, the following should be mentioned:

A- Among the tasks and advice to every cupping and cupping is: to ensure the cleanliness of cupping machines, and to use new sterile scalpels and new cups, in order to prevent communicable diseases from infecting people, including: liver .viruses, and others

The saying of those who said: - The cupping machines do not transmit the infection to the inside of the body**,**

under the pretext: that what counts is what entered the blood, not what came out ?! When crying out: for every person to have his own cups to avoid any communicable disease ...

B - Sterilization of the site to be cupped with medical disinfectants.

C - Placing the scaled cup on the desired position.

D - After that, the diaphragm cup is emptied of air by the suction device, and then .the skin will retract into the cup

E - Leave the cup for five minutes, then remove it gently from the skin, by pressing at the edge of the cup.

G - The site is striped with a scalpel with a light, superficial strip, and this taping with a scalpel is used in non-diabetics, and those with blood fluidity, so these are striped with a blood test needle.

H - The striping must be along the veins - that is, in length - not in width, while moving away from the veins and visible arteries, and the striping should be away from each other, by (3 mm).

I - After that, the cup is placed again.

J - empty the cup of air. In order to reduce pain: The suction is gradually applied. ... The first is lighter than the second, and the second is lighter than the third

K - Leave the cup for two to five minutes, until the blood comes out through the cracks made by the scalpel.

L - After that, the cup is emptied of the blood, and it is put again on the site, and so on until the blood comes out clear and thin, or the exit of blood stops.

M - The sites of the protest must be disinfected after completing them, and that is with medical disinfectants, with a medical adhesive (plaster) placed on the sites, especially for diabetics, as well as when the blood does not stop coming out.

N- The sides of the cupping sites are wiped with a medical cotton damp with warm water, and thus the cupping process has been completed.

: Cautions

These aforementioned warnings should be taken into account by every hijama and hijama when doing cupping, and they are:

1- The pilgrim during cupping should be seated on a chair with sides, because some people may faint when cupping.

2- The patient with low blood pressure: He must be treated with caution, and what is meant with caution: (reduce the number of cupping) while monitoring the degree of consciousness, so that he does not faint from excessive suction, and also: he avoids doing cupping for him on the lumbar spine because it causes a decrease in blood pressure And it is special for him: before cupping, he drinks something honey, .sugar, or food in order to increase his caloric content

3_In the event of a coma: The cup is removed, and the patient is placed on the ground with his feet raised, and given something sugary to drink. It is preferable to complete cupping for him while he is lying down and on his side, and these precautions include: the patient with anemia.

4 - Avoid cupping for a person who has a cold or a cold with a high temperature.

5- The cupping cup should not be placed on the ligaments of torn joints.

6- The cup is not placed on the affected knee with water, as well as varicose veins, but rather next to it.

7- Hijama should be avoided on skin that contains boils, infectious skin diseases, or severe skin infections.

8- Staying away from places where there are many prominent arteries, especially for .those with weak structure, when cupping

9_Do not do cupping on very cold days.

10 - A pregnant woman does not shrink in the lower abdomen, or on the breasts, and the chest area, especially: in the first three months.

11 - Anemia patients: one cupping is performed for them, then another one according to the readiness of their bodies, and if fainting occurs, the cup is removed, and they are given a sugary drink.

12 - Hijama should always be double, and the intended meaning is that both hands, both feet, and on both sides of the spine, and from the front and back in some cases, should be sized.

13 - Beware of doing cupping in case of extreme hunger or extreme satiety.

14-Avoid cupping after eating. If it is necessary, it should be done after two hours of .eating

15_For those who have started dialysis, cupping is avoided.

16-Cupping is delayed for the one who donated blood, except after a week of days, because the body cannot replace the lost blood until one week after the blood is taken out.

17-The cupping is left for those who have reached the age of sixty, as well as children under the age of puberty. If they need cupping, let the suction be a little.
18- Patients with blood flow and diabetes are not subjected to striping, but with a needle to test the blood.

19 - If a person is afflicted with touch from the jinn, or witchcraft: he should cupping him with knowledge of the conditions of the jinn, and how to deal with them when there is any emergency behavior.

.19 - Hijama on the heart is forbidden for anyone who has installed a pacemaker

If the blood

continues to come out due to the depth of the striping:

you must stop after emptying the appropriate amount of blood from that organ, which is usually less than (200 ml) and according to the location of the cupping !! . What to do after cupping: After completing cupping, the protester is advised to do the following:

1- The one who is performing the cupping must rest after cupping, and not exhaust himself for two or three days, because failure to commit to rest may cause the pain to return again.

2- The cupping woman abstains from sexual intercourse for 24 hours, and 12 hours before cupping. Imam Ali Al-Ridha - may God have mercy on him - said: (... It is necessary in all that we have mentioned to let blood go: to avoid woBlood color: In the past, scholars of the medical industry believed: that the blood coming out with certain characteristics indicates results for them, so they say:

A - Blood red liquid: indicates the integrity of the organ from ills.

B- Blood coming out as liquid black: indicates the presence of harmful mixtures in that organ

C- The blood comes out black and curdled: This indicates the presence of many harmful mixtures in that organ. As for the absence of blood, they see: This indicates the integrity of the organ from the ills.

Note:

stopping the exit of blood, or the exit of (plasma) the yellow substance, which is learned: that the cupping for the site or sites has ended.men twelve hours before .that ...)

3_The protesting person must leave food, especially: citrus and citrus fruits, for - two or three hours after cupping.

4- The pilgrim refrain from drinking any very cold liquids for 24 hours.

5- If the cajoler wants to take a bath, let it be after an hour of resorting to warm water, and do not bathe in the steam baths.

6- The protester is advised: to cover the cupping place, and not expose it to cold air for 24 hours.

7- After cupping, some people may feel a high temperature in the body, and this rise may occur on or after the day of cupping, and it is a natural and temporary thing that is not feared, because it disappears after its existence. Abu Bakr Al-Razi said in (Al-Hawi fi al-Tibb): (The fever that occurs after phlebotomy and diarrhea do not be afraid of it, because it is daily ..)

8- Some people may feel nausea or diarrhea when they cupple in the back, and this .is also normal and there is no fear of it

What is in the matter of good knowledge of the cupping and the cupping, and others. Among them: what is in the matter of literature, urgency and anecdotes related to cupping and cupping. Then the message will be concluded by mentioning: The merit of sickness, and calculating the reward from God, may He be glorified and exalted, when there are diseases and ailments ... to the last thing that will come mentioned - by the will of God -.

1 - Abdullah bin Abbas - may God be pleased with him - when he finished studying the interpretation and hadith, he would tell his students: (Be acidified) and instruct them to take the urgency of speaking out of fear of them from the boredom. Acidosis: Its origin is from acid, which is urgent

The plant, and opposite to it, the vinegar, which was sweet. The Arabs say: the khlah is the bread of camels, and the acid is its fruit, because if it gets bored with the vinegar it tends to acid. And in the biography of Aalam al-Nubala (5/341) on the authority of Imam al-Zuhri - may God have mercy on him -: (He used to happen, then he would say: Bring some of your poems and your hadiths, for the ear is ritual, and the soul has a sourness).

Cupping and Medical Research:

Modern science has proven that cupping may be a cure for some heart diseases, some blood diseases and some liver diseases .. In the case of severe congestion of the lungs as a result of heart failure, and when all treatment methods such as diuretics and tying hands and feet to reduce the rush of blood to the heart fail, blood output may be

By phlebotomy, an important essential factor for the speedy recovery of heart failure, as well as the sudden rise in blood pressure accompanied by quasi-coma and loss of distinction for time and place or associated with coma as a result of the effect of this sudden high blood pressure. There is no successful treatment for it other than removing blood by phlebotomy, as well as some blood diseases characterized by the abundance of red blood cells and increased hemoglobin in the blood, those that require removal of blood by phlebotomy where it is the successful treatment for such cases to prevent new complications from occurring. Red blood may be the result of life in high mountains and lack of oxygen in the atmosphere, and it may be the result of extreme heat

It has a clear effect on increasing the secretions of the sweat glands, which results in an increase in the number of red blood cells.

: Places of cupping

Cupping has ninety-eight places, fifty-five of them on the back, and forty-three of them on the face and abdomen, and each disease has specific cupping sites (one or more places for each) of the human body. The most important of these places - which is also common to all diseases, and it is with which we always begin - the "withers" (the seventh paragraph of the cervical vertebrae, meaning at the level of the shoulder and the lower neck). And due to the large number of places that cupping is used on; Because of its work and its influence in the body.

They work on the power lines, which are used by the Chinese needles, and it has been found that cupping has ten times better results than the Chinese needles, and it may be due to this. Because the needle works on a small point, and the cupping .works on a circle about 5 cm in diameter

The cupping also works on the positions of the nerves of the reflexes, so every organ in the body has nerves that feed it and the other for the reactions, and then each disease appears (any action) a reaction whose location differs according to the end of the nerve specific to the reflexes in it, and this is called "reflex" For example, the stomach has no two places in the back, and when the stomach is sick, we do cupping on these two places, as well as the pancreas has two places, Reflex and the colon has 6 places ... and so on.

Hijama also works on the lymph nodes and activates them. This strengthens the immunity and makes it fight diseases and viruses such as the "C" virus. Is cupping one of the things that break the fast? And cupping is different among scholars about

?whether it is regarded as breaking the fast or not

Of the cases referenced from the arguments identified in the case of weak consideration. The Most Merciful, cupping for the fasting person and its hatred for the weak, the saying combines the hadiths and the reports and their actions and the use of words is better than neglecting it. Cupping and its effect on the eye, magic and jinn Benefits of cupping:

Cupping is greatly beneficial, God Almighty willing, in the following :cases

** headaches in the two ports who suffer from the same house.

**Various rheumatic cases of back and back pain.

**Some cases of various joint stiffness.

**Pain and burning in the extremities, especially for diabetics.

**High pressure.

**some psychological cases and paralysis cases.

** It helped us in reading the Holy Quran which improved patients.

** Back and joint pain, gout and abdominal diseases "constipation, indigestion, lack of appetite.

**" Insomnia, menstrual problems, etc. A.H.

: The effect of cupping on the jinn

The jinn worries a person for several reasons, including the eye, magic, love, harm ... etc., and the jinn are affected when the substance of magic and the eye is emptied by cupping, so you find the patient in a state of turmoil and trembling, and even fainting or full or partial presence before the time of cupping Some of the jinn are bound in specific places in the body, and these places may be the places of cupping. Either he escapes before cupping or alienates the patient from it.

In a specific place on the body to reduce the amount of magic that affects the patient, and these matters are metaphysical and we do not know the reason for them, some jinn are hurt by cupping, others ask for cupping, and the result is the .same as the benefit of the patient, God Almighty

It is known that the jinn flow from the son of Adam the bloodstream, as mentioned in the hadith, and perhaps it causes some harmful mixtures to be left in the nerve, muscle and veins of a person, and the cupping will empty these mixtures if they fall on them.

Cupping and its effect on the eye:

If the eye strikes a person, it has a space and an offense inside the human body, either in the form of vapor, liquid, or albumin, and with ruqyah it comes out in the form of "sweat" or in the form of steam with yawning or in the form of albumin with phlegm and diarrhea, and cupping is used to absorb The eye or some of it from places close to the surface of the skin if it falls on it.

: Cupping and its effect on magic

Cupping is useful for emptying out magic, which is eaten, drink, snorted, and sprinkled on the "inner general" body.

So sorcery after it is eaten or drunk settles in the abdomen and spreads with the blood to most parts of the body, and it is in places more than others according to the orders of magic, and cupping is very useful in emptying the magic substance close to the surface of the skin, but it does not reach the magic in the depths of the body like the one in The depths of the abdomen and chest despite the fact that God Almighty permits the enchanted to empty or get diarrhea as a result of cupping, and in general it is very useful, God Almighty willing, in emptying the substance of magic if the enchanted continues cupping on the sites of knots and pain and gatherings of magic.

Evidence: A patient mentioned to me and was bewitched, saying: I was suffering from severe pain in the lower back and I could only sit on a pillow

Or other things, I went to the cupping and asked him to put the cupping on the site of pain, and after cupping, I found lightness and comfort and I was cured of that pain, praise be to God.

Another says I was suffering from a severe headache that the medicines and painkillers did not work with and it was because of magic.

One of the brothers advised me to use the cupping, I went for cupping and mentioned to him what I suffer from the severity of the headache, so he put the veil on my ham, and began to suck the veil, and after the veil removed the wonder of cupping from the color of blood, it was Its color for tar is closer than blood, and after that the headache subsided a lot, praise be to God. A young man I know was bewitched by the magic of madness and suffered from this magic a lot until God Almighty guided him on the path of legitimate ruqyah and from there to cupping, so he used to pledge himself to cupping his head and the sides of his neck until his health and mind returned to him, and may God guide him to what he loves and .pleases

And another was not able to kneel in the right kneeling in prayer because of sorcery in his back, and after cupping, what he found of pain went away from him and became the right kneeling and felt nothing, praise be to God. My brothers .. and my sisters, what I will tell you .. Important, please focus with me well ... I am still reiterating and alerting to the effective role of cupping in the treatment of organic and spiritual diseases .. And the Sharia evidence from what came in the Sunnah .. definitive evidence of the benefit of cupping and it is one of the causes of healing that May God Almighty make it easy for all people.

And practical experience .. made this matter a certainty and proof .. Praise be to God and better. Therefore .. We always recommend cupping, and we have topics that clarify and simplify it for everyone so that they are aware of their matter, and as we said earlier, and we explained the important role of cupping in the treatment of cases of touch and magic ... and removing magic from the body and deciphering the .. contract

Weakening and destroying the servants ... and even killing them and forcing them out in some cases ... and the grace and success are from God. Yes, brothers in God, one of the reasons for discovering the place of magic is cupping and legal ruqyah.

Sheikh Al-Rouhani Rabbani Montasser Azouma, an expert in prophetic medicine and a healer with Islamic cupping, said: If we want to talk about one of the most important elements in Islamic cupping, which is the blood of the cupping that is taken out with wet cupping through what is mentioned in the Qur’an and the Sunnah, we must remember briefly what blood is. Blood is a red, sticky liquid that runs in the blood vessels and carries food, oxygen and disease-fighting elements to .all parts of the body

Also, blood transports carbon dioxide from all parts of the body to the lungs to get rid of it by exhaling. Sheikh Al-Rouhani, Al-Rabbani, Montaser Adhama, mentioned in his paper entitled “Hijama and blood in the Holy Qur’an and the noble Prophet’s Sunnah in an adult human body the equivalent of five liters of blood.

Blood is made up of plasma and blood cells, and plasma is a yellowish liquid that consists mainly of water. It makes up more than half of the blood volume and transports the digested food to all parts of the body. It also carries metabolic wastes to the kidneys and lungs in order to excrete them outside the body. Blood cells, red and white, and platelets also swim in the plasma.

Red blood cells are the most numerous blood cells, making upThere are 5 million cells in a cubic millimeter of blood, and they contain hemoglobin, which gives blood its red color. . They live for 120 days, after which they break down, so that the bone marrow produces other cells again. As for white blood cells, they play the main role in fighting microbes that enter the body, such as bacteria, viruses, and others. The number of white blood cells ranges from four to ten thousand cells per cubic millimeter of blood. As for platelets, they are one of the cells that make up the blood, and one of its most important functions is to prevent bleeding, as platelets collect at the site of bleeding and activate the clotting proteins in the blood plasma to stop the bleeding and various other proteins such as albumin and aminoglobulin .(antibodies). between 40 and 50% of the blood volume

The number of platelets ranges from 150,000 to 450,000 platelets per cubic millimeter. Finally, all of this takes place through the circulatory system, which takes from 20 to 30 seconds to cycle through the body, equivalent to two cycles every minute. Blood is the element of life for humans, and it is for most living animals. Blood is also included among the forbidden things that are forbidden to Muslims, whether in terms of food or in terms of unjustly shedding it and unlawful aggression, whether it is a person or an animal. Blood is also included in the forbidden animals and birds that are forbidden to eat if they take a characteristic that makes them forbidden, such as the strangled, the bogged, the burrowing and others. God
And see what His Eminence Sheik Muhammad Almighty says in His Holy Book Metwally Al-Shaarawi, may God have mercy on him, says about these verses: (Blood is the fluid that flows in the veins and arteries, and gives the body warmth and heat and carries food. The blood has two colors of blood: corrupt blood and good blood.When we take this blood, it may have the good type, and it may also contain the type from which the impurities in the kidneys and lungs did not come out. Bashih .and eat it

There is blood that is not corrupt, for example

The liver, it is a single piece, and so is the spleen, and the Prophet said: “I have referred to you two dead bodies and blood. As for the two dead ones: fish and locusts, and as for blood: the liver and spleen.” So the liver and spleen are excluded from the dead and blood, but if we come to the blood shed, it is forbidden. The wisdom in analyzing fish and locusts is that they do not have the same liquid, because there is no liquid blood in their flesh, and when we cut a large fish, no blood comes out of it. It is only found in the membranes of the head and not in its capillaries. When the fish dies and is eaten, there is no danger from it, and so are the locusts. So the basis upon which the prohibition of those animals or birds is based is blood and not slaughtering, and slaughtering is the shedding of animal blood and .naming it with the intention of eating

If we look at the strangled, the bailed, and the dead, we will find that the trap of blood in them has corrupted them in reality, and they have become healthy for food, and if eating them in this state may lead to physical diseases that only God Almighty knows. And based on that, if the blood is trapped in the tissues and cells of these animals and birds and not being taken out by means of legitimate and correct slaughter, it will destroy them, and therefore the trapping of blood in them makes them unfit to be placed on the dining table for the Muslim and others. Does this description mentioned above in terms of blood apply to a person, albeit in a ?different way

What happens to a person if blood is shed by him, as our master Muhammad, may God bless him and his family, said? It inevitably kills him, otherwise he must take it out and dispose of it with cupping. Linguists have interpreted (by which blood is supple- tanted), meaning by which it is agitated and by which blood is supplanted by .it: its origin is from prostitution

And on the authority of Anas bin Malik, may God be pleased with them both, that the Messenger of God, may God's prayers and peace be upon him and his family, said: Whoever wants to cupping, let him search for seventeen or nineteen or twenty-one, and none of you should show blood and kill him. . Sunan Ibn Majah. And the cupping that we mean here is wet or bloody cupping that depends on removing blood with a scalpel and nothing else, as the Prophet, may God's prayers and peace be upon him and his family, said in the hadith narrated by Jaber (If there is a cure in your medicine, then there is a cure in the police) narrated by Al-Bukhari. Removing this excess blood from the body reduces its exposure to diseases and strengthens the immunity and represents an emergency intervention that protects against the damage caused by blood agitation, as in cases of sudden high blood pressure, anger, high blood sugar and high urea level, and this is what laboratory analyzes of samples .of cupping blood have shown

By myself in the Balsam laboratory in Gaza City about the percentage of heparin and cortisone from venous blood before cupping, and in the blood of cupping and venous blood immediately after cupping and after a whole day after cupping, it was a big surprise for all of us, for example the percentage of heparin before cupping was 12. And in the blood of cupping it was 0.02, but after cupping, it was 195.0, even though this sample was not taken to generalize until it was performed on the largest number of people with a budget that I could not afford to circulate what we did and spread it around the world. Except for the analysis that we have done at the University of Sharjah and in the Dubai Modern Laboratory, and what others have done at the University of Damascus and others, the results that have been reached .for the benefits of cupping are countless

See what the master of mankind says, our master Muhammad, may God's prayers and peace be upon him and his family, on the authority of Anas, he said: The Messenger of God, may God bless him and grant him peace, said: "Yes, the cupping medicine removes blood and makes the sight clear

The crucifixion will dry up. ”And on the authority of Anas, he said: The Messenger of God said:“ Yes, the servant is the cupping. The crucifixion among the Arabs is the lower back, which is a triangular bone that connects the two parts of the pelvis to the lumbar vertebrae, and below it the tailbone, which is a very important bone. . For if a person prolongs sleep for any disease on which water collects and the skin is swollen, then cupping dries up as best as possible, and you may be exposed to repeated bumping from excessive rides, and this results in chronic pain with exacerbations that are treated with cupping. And sclerosis is very important in Chinese and German medicine. It treats the following diseases: high blood pressure (a major point), prostate diseases, and problems around the anus: such as hemorrhoids and anal fissures, acute and chronic cystitis and pelvic connective tissue ,complaints in women, and male infertility

And other diseases that our noble Messenger summarized in his saying, may God bless him and his family and grant them peace: “And harden / dry up steel”. As for his saying: “And the eyes become clear.” We find that in places behind the head, in the fontanelles and the important and in the two grooves, which are two hidden veins on the sides of the neck, and it is one of the places in which our Holy Messenger, may God’s prayers and peace be upon him and his family, has cupped. In parent cells that control vision. On the authority of Anas and Ibn Masoud - may God be pleased with them - they said: The Messenger of God, may God be pleased with him, said: “The night of my captivity has not passed in full, but among the angels they said: O Muhammad, pass your nation through cupping.” (Sahih Al-Jami`) The retention of this blood in the human body leads to many diseases, and its excretion .reveals these diseases and cures chronic internal diseases

Contemplate with me what our noble Messenger, may God's prayers and peace be upon him and his family, says: "If there is an embryo in the body, if it is correct, the whole body would be good, and if it was corrupted, the whole body would spoil, which is the heart." The heart is the main blood pump, which pumps blood to all parts of the body and all its organs through the circulatory system, which we mentioned that it circulates twice every minute. Therefore, the integrity of the heart, the integrity of the blood, and the integrity of the circulation means the safety of the whole body, and the irritation of the blood will harm the heart and circulation, and so that the blood is not irritated, meaning that it does not turn out, as one of the preventive and therapeutic means in removing the product from it is the Islamic .cupping that depends on the blood output

Here, I may refer to a related topic that I talked about in previous research in the Journal of Health and Medicine, which is the difference between blood extracted from cupping and blood extracted for donation. The blood of cupping is filled with mixtures and harmful deposits that we did not find like when we performed blood analysis, but when donating, The donor comes out the best blood from his body with all of his characteristics, and therefore the donor, no matter how much of his blood is taken out, does not come out of the blood of cupping, something that is why when the cupping is performed, he does this as if he donated blood to himself, but how is that done? We say in the process of donating blood in all its forms and all its good and bad characteristics, but if it is cured, it comes out of blood with harmful mixtures ,and deposits

Then the replacement and compensation process takes place directly from the veins to the sites of cupping through the arteries and capillaries, so it is as if the person has donated for himself, and this blood is ready to receive new mixtures that were present in the main blood that did not find a way out, and it is only a few days that ,the device becomes stronger Immune system

And blood circulation is strengthened, hemoglobin increases, iron content is raised, and lymph glands are revitalized. Not only that, but it is possible for the abscess to be removed from the body as well. On the authority of Asim bin Umar bin Qatada, may God have mercy on him, he said: Jabir bin Abdullah came to our family, and a man complained of an abscess or a wound, and he said: What are you complaining about? He said: I have an abscess for me. He said: Oh boy, bring me a cupping, so he said to him: What should you make with cupping, O Abu Abdullah? He said: I want to hang a cupped in it, so he said: By God, the flies would hit me or the garment would hurt me and hurt me, and when he saw that he was discouraged from that, he said: I heard the Messenger of God, may God's prayers and peace be upon him and his family, say: "If any of your medicines is good, then there is a police cage. , He said, so .he came with a courage, so he gave him what he found. (agreed)

Benefits of cupping:

its effect on the skin: Cupping stimulates hair follicles by increasing blood circulation to the skin, which provides good nutrition for hair and its roots.

(In one experiment that was performed on a 35-year-old man, he noticed light hair growth that looked like fluff on his back, and this hair began to grow thicker and longer until it reached 1 to 1.5 cm after about 140 dry cupping sessions) The skin temperature rises and a red area is formed, which indicates an increase in skin metabolism and the cells' utilization of the blood reaching it. The activity of the sweat and sebaceous glands increases and the skin pores open after performing cupping The role of cupping is not only to remove stagnant blood from the skin, but .also to remove harmful substances deposited under the surface of the skin

The skin is the first organ in the immune system, and stimulating blood circulation in it increases its resistance to microbes that attack the body through the skin.

The effect of cupping on muscles

Cupping stimulates blood circulation in the muscles, releasing muscle contractions. Cupping suction removes the blood pools inside the muscles as a result of bruising on the skin. Cupping works to deliver the necessary oxygen to the muscle fibers, which increases cell consumption after cupping, so it strengthens the muscles and improves their performance. Cupping removes the lactic acid from the muscles, thus .relieving stress and muscle tension

Its effect on bones and joints

Cupping stimulates blood circulation inside the joint, reducing pain caused by rheumatic and other diseases. Nitric oxide (No) reduces swelling and water accumulation in the joint due to inflammation. Cupping activates the synovial membrane to secrete the oily substance or the synovial fluid, which reduces friction in the joint and facilitates movement and then slows down the occurrence of roughness. Hijama suction, which may reach 10 cm inside the body, activates and stimulates the periostium membrane to build the bones and increase the proportion .of calcium in them

Cupping works to remove harmful substances deposited in the joints, such as uric acid crystals, which cause gout and may cause joint roughness.

Its effect on the digestive system

The suction power of cupping regulates the secretion of stomach acids and digestive intestinal enzymes, which increases the efficiency of digestion and food absorption. Cupping works to regulate intestinal motility by direct suction power or by stimulating nerves (vagus nerve) that feed the intestine from places in the back. Cupping also works to activate liver cells and pancreatic cells and improve their functions.

Its effect on the blood

Cupping stimulates the circulation in the body in general by means of nitric oxide (No), which works to expand blood vessels, and Professor Kentaro Takagi, Professor at Nagoya University, confirmed that the stimulating and irritating treatments of the blood circulation in the skin are characterized by activating the reactions of the circulatory system and blood vessels in the body. In general, the same effect also occurs as a result of the suction force that the cupping affects on the treated area. Cupping reduces the blood and fluids that accompany the inflammatory process by removing these fluids from the interstitial spaces between cells, along with inflammatory stimulants such as histamine.

Cupping works on: -

A- Increase the number of red blood cells.

. B - Increase in the number of white blood cells

C- Converting excess acidic blood into neutral blood.

It works to purify the blood, and this was confirmed by Dr.

Katase, professor at Osaka University Its

effect on the nervous system:

Cupping works to stimulate the ends of the sensory nerves in the skin, which leads to reducing the feeling of pain through the gate theory, which is about filling the pathways of the nerves that transmit disease pain with less pain stimuli (cupping). The areas these nerves feed. Cupping works to regulate signals and increase the speed of conduction to the nerves leaving the spinal cord that feed all the body's .organs, regulating the work of these organs

Hijama works to treat all the sympathetic problems that result from anxiety, fear and nervousness, and these problems such as chronic headache, stress and high pressure, by regulating the nerve signals in the sympathetic system. Despite the slight pain that the patient feels while doing cupping, some patients and children sleep during the session, and this is one of the effect of cupping on the nervous system, but it is not known how this effect occurs until now. Physiology of pain If we talk about pain, then we say that pain is a great blessing from God Almighty as it shows us that something wrong has happened inside us, and if this pain did not happen, we would not have been able to pay attention to any problem that occurs .inside our body

The most dangerous disease known, which is cancer, is static and does not cause any pain until after it becomes aggravated and then causes excruciating pain after that.

Types of pain:

There are three types of pain, and they are:

**Acute pain: It is the fastest type of pain to reach the brain and is distinguished by that it can be located.

** Subacute pain: This is less rapid than acute pain

** Chronic pain: It is a lesion in an organ or cramps resulting from stimulation of the intestine and internal organs, and it cannot be located and is the slowest type of pain that reaches the brain. Pain receptors are the endings of the sensory nerves in the skin (nerve endings). They are responsible for transmitting all external stimuli to the brain. Without these sensory endings, we will not feel any external stimuli. This is .the explanation of the Noble Qur'an

﴿ ان الذين كفروا سوف How is the torment of the people of Hellfire in the noble verse [Surat An-Nis 56] That is, whenever their skin is eroded and the endings (نصليهم نارا of the sensory nerves in the skin become unfit to transmit sensation With fire, God replaced them with other skins so that they could feel again, and this indicates the miracle of the Noble Qur'an in this verse.

There are three types of these receptors:

** Mechano sensitive pain receptors: They receive mechanical stimuli that cause .pain, such as hitting something

**Thermo sensitive pain receptors: They receive thermal stimuli that cause pain, such as extreme cold or extreme heat.

** Chemical receptors (chemo sensitive pain receptors): They receive chemical stimuli that cause pain, such as Bradykinin, Histamine, Potassium ions, Prostaglandin, and Acetyle choline.

Pain and lack of blood circulation: the lack of blood circulation in the place causes a feeling of pain and is due to the deposition of lactic acid (Lactic acid) as a result of muscle fatigue or as a result of the formation of some chemicals resulting .from the death of some tissues

Pain and muscle cramps: Muscle contraction causes pain by:** Mechanical pain receptor stimulation. ** Lack of blood supplied to the muscle (Ischemia) Causes of

visceral pain: ** Lack of blood entering the viscera.

**Chemical excitation of the surface of the viscera.

** Smooth muscles.

** Swelling of the intestine

: **Elongation of the ligaments inside the abdomen.

The chemical theory of the pain process

It is believed that the pain process, whatever its cause, whether excessive heat, movement injury, or blood vessel injury, is the result of the secretion of some enzymes that work to secrete some pain-causing substances such as Bradykinin and Histamine.

Theories of pain treatment with cupping:

The theory of prostaglandin (Prostaglandin): where cupping excretes the prostaglandin substance that results from cell infections, and this substance has the function of transmitting pain signals to the brain. This substance does not even transmit pain signals to the brain. Noting that cupping has no harm at all, while non-steroidal analgesics such as (ibuprofen, piroxicam, diclofenac, and others) Or steroids such as (cortisone and its derivatives) have damages to the stomach, as they may cause infections or ulcers in the stomach and also have an effect on the kidneys. Loss of appetite and nausea.

Gate theory: This theory explains the work of cupping in pain relief that the pain caused by the power of the cupping suction works to operate the nerve pathway that delivers the sense of pain to the brain, and when it reaches the brain, an excitatory or other sensation other than the feeling of pain prevents pain from being It reaches the brain and thus the patient does not feel it, and this is the same as doing a dilute back patch

For pain, and also some ointments that treat rheumatic diseases that cause a feeling of high temperature in the place, and in the drawing an illustration of this theory.

Activating the secretion of endorphins and enkephalin:

cupping stimulates the secretion of endorphines and enkephalines, which work to reduce the feeling of pain. These two materials are from a specific area in the brain as a result of the influence of external factors such as injuries or wounds, and this indicates that when a person is busy at work, he may not feel the simple wounds that he may suffer from during his spare time, and then after that he discovers that ,he has been injured after his body calms down

The good psychological state helps to secrete all these substances, as these substances are called endogenous pleasure substances, and their secretion decreases as the psychological state worsens.

Activating blood circulation reduces pain:

To understand this method of pain relief, it is necessary to explain the process of pain related to lack of blood circulation in the place, which is as follows: Pain causes a muscle contraction in the muscles surrounding the site of pain and this contraction causes a decrease in the movement of the affected joint and the movement of the patient in general and causes this The lack of movement, the lack of blood circulation, the stagnation of blood in the affected place, and the lack of blood circulation causes the occurrence of pain again, so the cupping works to open this circle in the pain area and in the area of lack of blood circulation, it works to reduce pain in various ways and also works to stimulate

Blood circulation, therefore, is very useful in all the pain associated with muscle contractions, as it works to reduce muscle contraction.

The theory of excretion of substances that causes pain: cupping works to remove the substances that cause pain, which was explained by the chemical theory of the occurrence of pain, which are substances resulting from tissue death or inflammation, such as Bradykinin and Histamine. Inflammation also occurred in the affected place. And histamine is among the vectors of inflammation (Inflammatory Mediator) that works to widen blood vessels and contract the involuntary soft muscles (smooth muscles)

Existing in the airways, causing shortness of breath that occurs in asthmatic attacks and many lung diseases. And when this substance is excreted through cupping, the airways in the lungs expand and the patient can breathe freely, and histamine also causes some types of allergies and infections, such as red spots in the skin (Flushing), sensitivity to some types of food (Urticaria), swelling (Angioedema) and eye inflammation. Conjunctivitis, rhinitis, and hypotension. Cupping also works to excrete lactic acid, which causes its accumulation in the muscles to cause pain and muscle fatigue. Nitric oxide (No)

Nitric oxide (No) is formed as a result of any injury or inflammation that occurs in the body, so it is also produced with cupping tape, and this substance is responsible for most of the improvement that occurs with cupping as it has several functions such as:

** Vasodilatation.

** A carrier of natural analgesics such as endorphins and enkephalin.

** Proliferation (transporter of growth factors and cell division).

** New blood vessel manufacturing (Angiogenesis).

** Reducing Edema.

Increase the food that reaches through capillaries and arteries to different body tissues.

Increase the effect of antibiotics on tissues.

Power line theory (Electro magnetic theory)

This theory is based on the same basis as the work of the Chinese needles, where the lines and paths of the Chinese needles are imaginary paths inside the body for the flow of magnetic energy and thermal energy in the body and the number of these paths is 14 paths, each pathway of them belongs to one or more members inside the body and these paths contain some points through which they are Controlling the level of energy in the path and in the body in general, and these points can be excited by several methods such as pressure with fingers, Chinese needles, heat, electrical stimulation devices, or by installing a cupping cup over the point of Chinese needles with or without striping.

The German scientist Johan Abele proved that the stimulation of needle points .Chinese cupping is done many times more than the Chinese needles

The diseases of the body may be associated with an increase in the energy level in certain paths, and these paths need to make blood cupping to reduce this energy and may also be associated with a decrease in the level of energy, and these diseases need to do dry cupping or cupping massage to increase energy within these paths

Cupping blood:

it is the blood that stagnates under the skin and does not move with the blood circulation, and it is like a filter for blood, knowing that the liver and spleen are based on renewing the blood, but due to the large number of intrusive mixtures in the era of technology, they accumulate under the skin in the blood of cupping, so what the owner has only to take it out Every few months, before it becomes full, harmful mixtures remain in the main blood that the body depends on, resulting in .the weakening of the immune system, which makes its owner vulnerable to diseases

**Liver temperature is 40, body 37, eye 9.

** The difference between cupping and donating blood.

Donated blood:

It is the blood found in the veins and arteries, which passes into the brain, heart and all organs, and is the basis of the immune system and blood circulation.

Cupping blood:

it is the blood that stagnates under the skin and does not move with the blood circulation, and it is like a filter for blood, knowing that the liver and spleen are based on renewing the blood, but due to the large number of extraneous mixtures, they accumulate under the skin in the blood of cupping, so what the owner has to do is to remove it every few months , Before it becomes full, harmful mixtures remain in the main blood that the body depends on, resulting in a weak immune system that makes its owner vulnerable to diseases.

** **Donation blood:** Out healthy red blood cells.

.****Cupping Blood**: Aging red blood cells come out

Blood donation: 100% white blood cells come out with donated blood.

** **Hijama work:** Only 15% or less of that is produced, because its main concentration is in the blood, thus strengthening the immune system.

** **Blood donation:** the iron comes out with 100% donation.

The work of cupping:

it does not come out, thus raising the iron and hemoglobin

Blood donation: It does not appear because the analysis by doctors is done through veins from the main blood.

The work of cupping: the blood of cupping is filled with mixtures and harmful deposits that doctors did not find like when analyzing blood.

** **Blood donation:** When donating, a person gets the best blood out of his body, with all its characteristics.

** **The work of cupping:** the worst blood comes out, and after a short period of time it replaces it with the best blood.

No matter how much a person takes the donated blood out of his body, nothing will .move the cupping blood from his body

With cupping, a person donates to himself, how is that if every person has healthy, beneficial blood, and bad blood that is harmful, then why does the beneficial blood come out from his body, and the harmful blood is left, but if it is cupped, then the blood with mixes and harmful deposits is taken out, then the replacement process is done directly from the veins To the sites of cupping through the arteries and capillaries, so that the person has donated to himself, and this blood is ready t

o receive new mixtures that were present in the main blood, which did not find a way out, and it is only a few days that the immune system strengthens, blood circulation strengthens, hemoglobin rises, and rises The proportion of iron, activates ,the lymph nodes

There is nothing wrong with making a donation to save a Muslim, but if the donation is under the pretext of my health, then no, then in cupping does not make me happy with the donation.

God the Most High said: 69] And the Messenger of God, as reported on the authority of Ibn Abbas, may God be pleased with him, said: "The cure is in three: a cured police, a drink of honey, or a kettle of fire, and forbade my nation from ironing," narrated by Al-Bukhari. And on the authority of Ibn Masoud, may God be pleased with him**,**

he said: The Messenger of God said: "You have the two healers, honey and the Qur'an." It was narrated by Ibn Majah in his Sunnah, Ibn Mardawiyah, al-Hakim, and authenticated, and al-Bayhaqi among the people of faith. Many of us may know the benefits of honey, but what are the types of honey and the benefits of each type, .and what are the derivatives of honey and what are the benefits

Benefits of honey bee:

1. To replace the sugars consumed in the body due to physical or mental effort.

2. A valuable curative, preventive and nutritional substance, which is useful for children and adults alike.

3. Treating gastrointestinal disorders and toxic gastrointestinal diarrhea, and preventing stomach ulcers and female thighs.

4. Treating chronic hepatitis and cholecystitis and helping to dissolve stones.

5. Treating heart diseases and strengthening the heart muscle.

6. Treatment of weak structure and anemia, and raising the proportion of hemoglobin in the blood.

. 7. Relieves insomnia and promotes fast and peaceful sleep

8_Treating nervous headaches and neuritis. .

9. Treatment of rheumatism and arthritis.

10. Resisting impotence and sterility.

11. Works to improve the growth of bones and teeth and prevent the risk of rickets for children and is useful for children when teething.

12. Good cough remover with soothing effect on tonsillitis and throat.

13. Treatment of preeclampsia and menstrual pain, and it is useful for pregnant women during pregnancy and childbirth, strengthening the contraction of the uterus during childbirth, and increasing milk production

14. It prevents cancer and is used in the treatment of breast cancer.

15. Helps improve eyesight and prevent night blindness, cornea, conjunctivitis and .lid margin infections

16_Treating infections and skin diseases and preventing their occurrence, including . eczema, impetigo, psoriasis and boils. It is used as a very successful treatment for burns.

17. Very useful for pneumonia, respiratory diseases, colds, and pulmonary tuberculosis.

18. Very useful for women's skin, as it works to smooth it and reduce wrinkles.

19. Treatment of sweat gland infections and mastitis.

20. Treating phlegm and preventing its formation in the lungs, especially in smokers.
21. Treatment of infections of the kidneys, ureters, bladder and kidney stones.

22. Treatment of gum infections, tongue, tooth decay and chapped lips.

23. Treating diabetes.

24. Treatment of flatulence, frequent gas, constipation and hemorrhoids.

25. Treatment of bedwetting in children.

. 26. It is used to lose weight

Types of honey bees:

**** Mountain honey:** its use in diseases of the liver and digestive system, anemia, general weakness, diabetes, surgery, burns, anti-viral and liver cancer, and it is useful in the treatment of addiction and is useful for pregnant women and infants. Bitter,

**** mountain honey:** used to treat diabetics, liver and gallbladder diseases.

Olive honey: prevents cancer and is useful for treating AIDS, heart disease, hepatitis and gall bladder disease

**Wildflower honey: It is used to lose weight, treat dry throat and cough, improve vision, treat nervous headaches, and prevent eczema, impetigo, psoriasis and boils.

** **Helfaber honey:** used to treat kidney diseases, bladder and ureteritis, as it helps to break up kidney and bladder stones

**** Nigella honey:** used to treat coughs and lung injuries, strengthen the immune system, strengthen the heart muscle, preserve blood sugar, and stimulate blood circulation.

****Thyme honey:** useful for flatulence, frequent gases, urinary and genital tract .infections, general weakness, headache and cough, and for anemia and pharyngitis

****Sidr honey:** useful in diseases of the liver and digestive system, anemia, general weakness, diabetes, and it is useful for wounds, as it is a disinfectant for wounds and helps to speed healing.

**** Clove honey:** used to treat mouth ulcers, gum and tooth pain, and prevent tooth decay and indigestion Nawara

**** Clover Honey:** maintains blood sugar levels, so it is beneficial for adults and children, diuretic and treats diarrhea.

**** Honey medicinal herbs:** (coriander, mint, chamomile, anise, cumin, and caraway) is useful for stomach and intestinal cramps and bloating, and aids in digestion, intestinal and gastrointestinal infections, prevention of constipation, preeclampsia, gas repellent and expectorant

****Strawberry honey:** strengthens and stimulates the immune system and is useful for treating anemia as it is an anti-physical and mental fatigue and is easy to absorb, so it is called athlete's honey.

**** Sesame honey:** useful in cases of infections of the throat, trachea, and constipation, and it prevents atherosclerosis

**** Hibiscus honey:** useful in widening the arteries, controlling blood pressure, treating Alzheimer's cases, and a general tonic

**** Honey lemon:** useful for treating nerves, insomnia, bronchitis, cramping, muscle contraction, and coughing

Basil honey: useful in calming nerves, tension, depression, migraine, joint pain, and muscle cramps

**** Watermelon honey:** helps to maintain the balance of food exchange in the body and is useful in cases of cough, insomnia, heart palpitations, and calms the

**** Orange Honey:** Resistant to influenza, cold, nervous system nervous system and blood pressure

****Apple honey:** a general tonic rich in iron, it is important for children, especially during the period of growth Mango honey: helps improve the work of the nervous system and strengthen eyes.

**** Marjoram honey:** useful for asthma, chest allergies, dysmenorrhea in women, relieving liver pain, calming the nerves, treating gastrointestinal ulcers, removing their pain, and regulating the secretion of juices and acidity in the stomach

****Peach honey:** helps with proper cell building

**Banana honey: useful in cases of anemia, chronic diarrhea, feeding children and pregnancy cases, and it works on weight gain, liver and gallbladder cases.

**Eucalyptus honey: useful for treating chest and rheumatic diseases, reduces cholesterol in the blood and strengthens the heart muscle Municipal

** rose honey: relieves joint pain and rheumatism and is useful for treating wounds and burns and is used as a mask to renew skin cells

Honey bee derivatives and benefits:

Royal jelly:

It is a white gelatinous liquid secreted by the new age worker bees from glands at the front of her head and it is the main food for the queen

bee Benefits

.1. It increases physical, mental and nervous activity

2.Very useful in cases of impotence in men as it stimulates the gonads. .

3. Preventing skin wrinkles, delaying aging, good for aging diseases, psychological breakdown of the elderly, and prostatitis.

4. Treating liver diseases.

5. It is an appetizer for adults and children and works to increase fertility.

6. Treating nerve disorders, loss of appetite, and preventing diabetes.

7. A good remedy for poor growth, dry mouth and lips.

.8. Anemia and nerve pain treatment

9.It prevents infection of the oral cavity, dysentery, many skin diseases, migraines, hair loss, intestinal diseases, atherosclerosis and cholesterol accumulation.

10. Treatment of some skin diseases, useful in wound healing, and makes the skin more smooth, flexible and transparent.

11. Treatment of duodenal ulcers.

12. It strengthens the immune system.

13. Resist the feeling of fatigue, especially fatigue resulting from insomnia.

14. Raise mental efficiency and memory power.

.**Pollen:** Pollen grains (pollen) are the most important substance produced by bees

Benefits: -

1. Improving reproductive capacity and very useful for cases of female infertility, eliminating stress and removing all symptoms during the menstrual cycle.

2. Strengthening the liver, blocking toxins, preventing fat deposition in the liver, and protecting the liver from fibrosis.

3. Prevent nervous tension and prostate disease.

4. It strengthens the bodies of children, youth and adults and provides them with vitamins, enzymes and important mineral elements.

5. Treatment of hemorrhoids and weak veins and capillaries.

6. Rebuilding and strengthening the immune system.

. 7. Helps tighten and soften body skin

8.Treating indigestion, emaciation and thinness, and helps open the appetite and regulate the body's food conversion process.

9. Treating aging diseases.

10. Increase the body's resistance to common cold and influenza.

11. Increasing red blood cells and raising hemoglobin.

12. Beneficial for the health of pregnant women and fetuses.

13.It is useful for patients who are being treated with radioactive drugs and for patients exposed to periodic radiological examination.

14. Treating wounds and regenerating burnt skin.

15. Treating enteritis min.

16. Treatment of conjunctival bleeding.

17. Preventing internal bleeding that affects people with high blood pressure and .diabetes

Bee gum:

It is a substance produced by bees by collecting their resin gum materials from the bark and buds of trees and treating them in special ways and adding some materials to them such as pollen and some secretions that bees excrete from their stomachs.It has several other names such as propolis,

propolis and bee glue.

Benefits:

1. A natural antibiotic with a superior ability to kill many types of fungi and bacteria.
2. Anti-fungal and viral diseases.

. 3. It includes antiseptics in surgical operations

4.Treating wounds, cuts, abrasions and burns, and helps form tissues and speed up wound healing.

5. Useful for arthritis, rheumatic fever, and musculoskeletal infections.

6- Resisting some skin diseases and preventing skin cancer.

7. Treatment of mouth, ear and throat diseases and influenza.

8. Treatment of some stomach diseases, stomach ulcers, duodenum and colon, and resistant to colon cancer.

9. A successful treatment for thyroid disease.

10. Treatment of chronic eczema.

.11. Kill cancer cells and stop their activity

Beeswax

It is the glandular secretion of honey bee worker bees from the stern gland which is located on the lower surface of the worker bee rings.

Benefits: -

1- Treatment of stuffy nose, cold, sinus infections and swollen nasal tissue.

2. Treatment of severe hay fever and stopping its symptoms, such as stopping the eye watering, opening the stuffy nose, stopping the runny nose, and stopping the throat.

3. Alleviate sensitivity gradually.

4. Useful in treating skin diseases such as treating sores, especially infected ones.

5. It is considered a laxative, calming, anti-inflammatory and anti-bacterial substance.

6- It is useful for gum infections and tooth decay, cleans the teeth from deposits and .strengthens the gums

Bee venom:

It is a white transparent liquid that is pushed by the bees into the enemy's body by means of a stinging machine.

Benefits:

1. Treatment of rheumatic fever, joint pain, rheumatic muscle, muscle and heart rheumatism.

2. Treating some infections such as nerve infections and infections of the sciatic and femoral nerve.

3. Treatment of sciatica, pain caused by heavy lifting and gout.

4. Treatment of skin diseases such as boil rash, lupus and psoriasis.

5. Reducing the spread of cancers of the digestive system.

6. Treating some eye diseases such as uveitis and ciliary body inflammation and reducing the pressure of the fundus.

7. Treatment of goiter accompanied by exophthalmos.

.8. Treating those who suffer from blood thinning

9.AIDS treatment and malaria treatment. .

10. Treatment of preeclampsia and recurrent miscarriage.

Honey is a fragrant, thick-textured, sweet-tasting substance that results from the bees collecting the nectar of the flowers and converting it into a thick liquid, and in order for the bee to collect one kilogram of honey, it moves between flowers a distance equivalent to 11 times the circumference of the earth around the equator, and the types of honey vary according to the source of the nectar in terms of (color and taste) Odor, crystallization (density and alkalinity) and there are other factors

It also affects the characteristics of honey, such as the type of soil, weather factors, and so on. Therefore, it is rare for two samples of honey to be completely similar, even if the nectar source is one. Dark if the temperature increased in the season of nectar, as in mountain honey, Sidr honey, Nigella sativa, and Bitter Mountain (tenderness). It has been proven that honey contains a large number and variety of vitamins and is distinguished by that it can preserve its vitamin components more than fruits or vegetables.

Honey contains the following materials:

Sugars such as:

(Glucose - Fructose - Dextrose - Ravnose - Melylase - Cystose – Arlose

Isomaltose - maltulose - toranose - nigros - maltulose - cogpose - neotobalose - juntbios - laminaribose - melylase)

A group of vitamins:

(Thiamin B1 - Riboflavin B2 - Pantothenic B3 - Nicotec B4 - Niacin B5 - B6 - B8 - B9 - Vitamin K - Ascorbic C - Carotene, which is converted in the liver into Vitamin A - Biotin E) Enzymes group: (invertase - amylase - catalase - phosphatase - a glucosidase - glucose or cidase - b amylase)

A group of mineral salts:

(iron - copper - phosphorus - magnesium - sodium - calcium - sulfur - iodine - manganese - potassium - silica - chlorine - selenium)

Acids group:

((citric - lactic - acetic - formic - butyric - tannic - oxalic

Protein group:

(peptone - albumin - globulin - nicleoprotein) Natural honey tends to crystallize when the temperature is lower than the minimum temperature of the beehive, which is 20 degrees Celsius.

The speed and temperature of crystallization of each type of honey differs from the other type according to the nectar source.

Benefits of bee honey:

** It has been proven that one kilo of honey benefits the body with a denominator of 3.5 kg of meat, 12 kg of vegetables, or 5 kg of milk.

** Compensation for the sugars consumed in the body due to physical or mental effort, because it contains glucose that is easy to absorb and assimilate in the body, and fructose is slow absorption, which preserves blood sugar.

** A curative, preventive and nutritional substance of high value. It is useful for children and adults alike, as it does not stay in the stomach for long as it is rapidly .digested and is rapidly absorbed into the lymphatic system to reach the blood

**Treatment of digestive system disorders, as it increases intestinal activity and does not cause fermentation for gastrointestinal patients and does not irritate the walls of the digestive tracts, and it works to stimulate tissue metabolism and makes the excretion process easy.

** Abolishes the effect of excess acidity in the stomach and prevents stomach and duodenal ulcers

**And honey is mixed with grains. The vaccine and royal jelly is a useful ointment (to relieve pain - accelerate tissue healing in all types of wounds - antibacterial, germs, .and fungi) because it contains (Al-Anbin - formic acid)

**Treatment of chronic hepatitis and cholecystitis and helping to break up stones by consuming daily (honey - pollen).

**Honey works to treat heart diseases and strengthen the heart muscle due to the presence of glucose sugar in honey, which nourishes the heart muscle - International Medical Conference on Physiology of Organs 1901 - every day (100 - 150 g).

**Treatment of weak structure and anemia, raising the level of hemoglobin in the blood, and increasing the weight of weak children, because it contains (vitamin B12 and vitamin C).

**Relieves insomnia and promotes fast and peaceful sleep.

** It is used in the treatment of nerve headaches and neuritis, because it contains (Vitamin B1).

.**Treatment of rheumatism and arthritis (honey, pollen and royal jelly)

**Resisting impotence and sterility.

**It works to improve the growth of bones and teeth and prevent the risk of rickets for children because it contains (calcium and phosphorous).

**Good cough remover with soothing effect on tonsillitis and throat.

**It is useful in cases of difficulty swallowing, dry throat and dry cough

** It is useful for feeding patients in convalescence, anti-aging and comatose homes.

** It is useful for pregnant women during pregnancy and childbirth, works on vomiting, and strengthens uterine contractions during childbirth, and is useful for children during teething

**It prevents cancer, as it was found that surgeries cannot treat cancer that has branched into the brain except after stopping its branching and then gathering it in one area until it can be eradicated and it succeeded in that (honey and nigella)

** Honey is considered an anti-hemorrhagic and maintains the alkalinity of the blood, which helps in overcoming stress, because it contains (vitamin K).

** Helps improve eyesight because it contains vitamin B2

** It treats infections and skin diseases and prevents their occurrence because it contains (Vitamin B3)

** It works to resist staphylococcal and streptococcus microbes and treats ulcers (bed-cancer-tropical)

** Prevents eczema, impetigo, psoriasis and boils, because it contains (Vitamin E)

**Very useful for pneumonia, respiratory diseases, colds, and pulmonary tuberculosis with milk

** Honey is considered a successful treatment for neurological diseases, and honey is also a very successful treatment for addiction

** Very useful for women's skin as it works to smoothen it and reduce wrinkles

** Treatment of Rift Valley Fever (Nigella sativa)

** Honey is a very successful treatment for burns, infections of the sweat glands,

**benign anthrax and mastitis Treatment of chest diseases such as chronic asthma, cold and others, because it contains (magnesium - substances that expand the people)

** Treating phlegm and preventing it from forming in the lungs, especially in smokers

**Treatment of infections of the kidneys, ureters, bladder and kidney stones (honey - pollen - bee gum)

**Treatment of menstrual pain, uterine contraction and preeclampsia, and is used in the treatment of breast cancer

**Treatment of gum infections, tongue, tooth decay and cracked lips because it contains (fluorine)

** It reduces the blood sugar level of diabetics (due to the presence of fructose in it that does not need insulin to burn - it contains insulin-like substances that work to control blood sugar)

** Prevention of night blindness, cornea and conjunctivitis, the edge of the eyelid, and chronic keratitis, because it contains vitamin A

** Helps in the process of protein synthesis and maintain the balance of food exchange within tissues because it contains (Vitamin B6)

**Prevention of scurvy and muscle damage, especially the heart, because it contains vitamin Honey mixed with pollen treats blood thinners and helps it to clot because it contains (vitamin K)

** Prevention of malignant anemia and liver and pancreatic diseases because it contains (folic acid)

** Prevention of hair loss, whiteness, and gastrointestinal ulcers, because it contains vitamin B3

**Prevention of polio, poor memory and pellagra, because it contains vitamin B5

**Regulate the metabolism process and prevent hemoglobin deficiency because it contains (Vitamin E)

**Honey with pollen treats allergies and allergies associated with asthma very successfully

** Treatment of infectious toxic diarrhea in children and increase the number of red and white blood

** cells Treating liver diseases, strengthening it, preventing fat deposition in it, improving its functions, and preventing the formation of gallstones

**Treatment of poisoning, alcohol poisoning and preeclampsia, because it (contains phospholipids - its sedative - diuretic effect)

** Treating sunstroke by applying honey to the hair.

** It is used in the treatment of irritation and spots on the skin, using honey and pollen

** Anti-microbial highly resistant such as (Salmonella - Staphylococcus - Micrococcus Basilis)

**Prevention of many diseases due to the presence of a substance (prostaglandin) in it, whose deficiency leads the body to expose it to many diseases

**It is used in the treatment of cancer, as honey contains two acids (acinamic and caffeic), as they affect the DNA of cancer cells only, unlike the chemicals that affect healthy and cancerous cells at the same time.

** Treating constipation and hemorrhoids by applying topical application of honey .and pollen and eating them

****For athletes:** (a good and easy source of energy and vitamins - with a distinctive and likable taste - keeping weight)

**** For children:** (increasing their weight - protecting them from many diseases - treating children's diseases such as dysentery and infectious diarrhea - treating involuntary urination - increasing the level of hemoglobin in the blood - raising the efficiency of the immune system - disinfectant for the intestines - a gentle laxative) and useful for infants as it strengthens their immunity and reduces safety They have intestinal colic Useful for

** breastfeeding mothers, as they are compensated for by what they lose in terms of vitamins, minerals and sugars. It also benefits the child as (increases milk production - increases the nutritional content and antibodies in breast milk - supports the child's resistance to diseases)

**It is used for weight loss, as it has been scientifically proven to activate an anti-obesity hormone in the body that works to move fat in the body

**Strengthening the body's immune system, because it contains (carotene, chlorophyll and its derivatives, xanthophylls, tannins). The previous materials also act as antioxidants, anti-toxins, tumors, and anti-tumors.

Man knew honey since ancient times, and used it for food and treatment.

For example, some ancient documents indicate that the Assyrians used honey in treatment, just as the Pharaohs used it for the same purpose more than 3000 years ago, and in one of their books a full description of the healing properties of honey was mentioned in it: “Honey helps To heal wounds and in the treatment of stomach, intestinal and kidney diseases. It is also used in the treatment of eye diseases, where it can be applied in the form of ointments, compresses, or lotions, and internally " .orally

In China, doctors used to treat patients with smallpox by rubbing their skin with honey, as they saw it speeding up the healing process of skin pimples resulting from smallpox infection.

As for the ancient Indians, they used honey to treat some eye diseases, such as cataracts Abu Karat, the father of medicine, used honey to coat wounds, treat pharyngeal and laryngeal infections and others, and describe it as a cough suppressant and absorb moisture from the source. Muslims came after that and the scope of their use of honey expanded, believing in what God Almighty said and describing honey (واوحى ربك الى النحل ان اتخذي من الجبال بيوتا ومن الشجر ومما يعرشون) [Al-Nahl: 69] And the Messenger of God, as reported on the authority of Ibn Abbas, may Narrated by Bukhari. On the authority of Ibn :God be pleased with them both, said Masoud, may God be pleased with him, he said, the Messenger of God said: “You have the healing of honey and the Qur’an.

” Narrated by Ibn Majah in his Sunnah, Ibn Mardawiyah, Al-Hakim and authenticated it, and Al-Bayhaqi in Shaab Al-Iman Modern science came to be certified for the medicinal benefit of bees, so research has shown the role of honey in treating burns, wounds and skin ulcers and healing them without leaving traces, due to honey’s ability to kill germs and bacteria and its ability to produce collagen that helps heal without deformation or traces. Studies have also shown the importance of honey in .treating oral and dental problems and the resulting bad breath

Other studies have shown the role of honey in treating corneal diseases, as well as its role in treating peptic ulcers and diarrhea, and research is still ongoing to reveal this medical mine full of healing miracles.

How to take honey for therapeutic purposes:

**It is preferable to take honey as a solution in water to facilitate the absorption of its components.

** The best daily dose for an adult is 100 grams per day and taken one and a half hours before eating or two hours, or three hours after eating.

** The best daily dose for a child is 30 grams.

**It is necessary that the treatment program continue for a period of not less than 60 days.

** Today, modern science reveals a new miracle and a new method for the uses of honey bees that contribute to the treatment of many diseases, and this method has ”been proven by many people. Doctor “Maher Sidam

The specialist in acupuncture and other specialists say that “Putting a drop of bee honey on the secret of the abdomen before sleeping so that honey contains the umbilical opening helps effectively in the treatment of more than 30 diseases so that the period of maintenance of this method is not less than two months” and among the most famous diseases That this method addresses “Put a drop of honey on the belly button before going to sleep.

I leave you with the details:

**Treating Irritable Bowel Syndrome.

** Treating chronic constipation.

**Treatment of high and low blood pressure.

** Treating the pain and problems of the knees, back and neck.

. ** Adjust the digestive system clearly

**Treatment of chronic headache and eye pain.

And many other diseases mentioned by the author of the study, more than 30 diseases !! This is a method and a recipe that is not written by anyone, but it is a proven fact of many experiences, and you can try it yourself for two months A proven fact with many experiences, and you can try it yourself for two months.

Adulteration in honey:

Honey can be adulterated in a number of ways, such as adding a sucrose solution, commercial glucose solution, invert sugar solution, or molasses. And the sure way to detect the components of honey and to know whether it is adulterated is by analyzing a sample of it in the laboratory and the best products sold at the Ministry of Agriculture or Gratitude

Chinese Acupressure

Seven thousand years ago, acupuncture medicine originated in China, and over these seven thousand this science has grown, developed, and proven successful in treating the deficiency diseases of modern medicine, with all its progress and complex systems in treating them. This new medicine entered Europe in the seventeenth and eighteenth centuries, and despite its efficiency in treating a large number of diseases, its growth and development proceeded in slow steps due to the small number of doctors who researched and practiced it ..

And when the French scientist Morant published in the forties of this century his book on needles Chinese doctors of the West found the correct rules for studying .and applying the science of acupuncture

Then it developed and spread rapidly in Europe and around the world .. and bodies were formed to study Chinese acupuncture in France, Germany, Italy, Britain and Argentina ..

At the end of the research, there is a list of heads of Chinese acupuncture bodies in a number of countries issued in 1971. Which indicates the prevalence of this treatment at that time ... and what is its prevalence now after twenty-one years from this list? . In the seventies of this century, this Chinese acupuncture treatment entered America, and that is why a story ..

It is said that during President Nixon's visit to China, one of the journalists accompanying him suffered an appendix and had an operation to remove it .. After the operation, the Chinese implanted him after the needles in his body, and he did not indicate any pain on The launch ... And this famous journalist was greatly ... surprised

A cure for pain for a comer from the countries of civilization and the tremendous scientific excellence and considered it a scientific discovery ... New

To the president, who called on his country's scholars to transfer this new science to their country and to neglect an art of medicine that is more than seven thousand years old .. Despite the progress and development of this science in the last few years .. However, many facts are still unknown due to the small number of doctors who research and practice it .. and the severe confusion that engulfs a large number of doctors from this new medicine and its new theories that need to be studied. Research and application .. Will their age, work and medicine that they practice expand to give the opportunity to this newcomer? ..

In 1980, Huxley said: To improve human medicine functions as soon as a needle pierces his foot is unreasonable, and against modern physiological theories ..

There is no single reason that explains this .. So we have to choose between closing .our eyes

From this strange information, we hope that it will leave us if we neglect it and live in peace, or that we accept it as strange unknowns publicly. We modify modern theories to accommodate all these existences that are far from perception and reason. Despite the huge tidal waves and assertions sweeping the world for years between acceptance or rejection of this science, it imposed itself and began to be used as a means of treating some diseases of modern medicine, as medical studies confirm .. Yes, it began to impose itself in Europe and America to the extent that one of the scientists predicted In one of his books, some of the theories of modern medicine will soon change according to the impressive results in treating some diseases with acupuncture, which do not agree with these theories. Come and live together the story of Felix Mann in In 1980, Felix Mann said, after he became a doctor at the University of Cambridge, he decided to travel abroad, and I gained "some knowledge about medicinehis book "Chinese needles cure many diseases

And I want to know more and see how, through practicing medicine in other countries, I can add something new to my knowledge .. Strasbourg was one of the cities that I visited..And there I saw a method of treatment that I had never heard of before and was not known at the time in England .. A friend of mine from Strasbourg complained of acute appendicitis .. and the doctors decided for her to carry out an urgent operation to remove it .. and to my surprise, she found her refusing to perform the operation, and more than that she asked them to call her her own doctor .. And to my most amazement, I found this doctor to heal her in a simple and strange way by implanting his needles. In her skin below the knee .. and within fifteen minutes the tendency for vomiting, pain and stiffness of the abdominal muscles disappeared completely, and these symptoms did not return to her once

Others. And this friend kept her excess to this day after ten years .. and since that day my start was with acupuncture ... this ancient Chinese medicine. Dear reader .. The human body consists of a group of organs such as the digestive, respiratory, and nervous system, figure No. 1, urea, and others..all all of them are sensory and anatomically known devices..but the acupuncture treatment device is a new device that is imperceptible or known from an anatomical and physical point of view, but is scientifically known in terms of function and its results. Therapeutic ...

The acupuncture device consists of: -

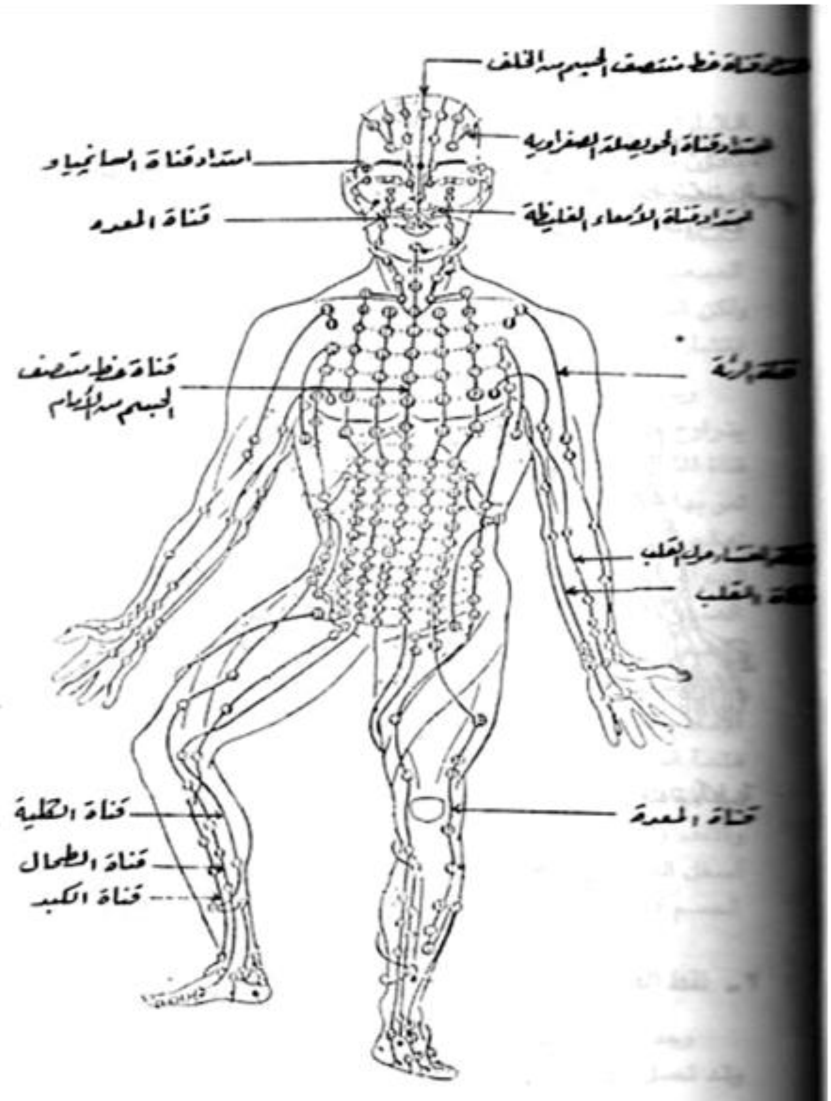
1. Channels or paths: Figures (2), (3)
2. Points or centers spread on these channels Fig. (4), (5)
3. Bio-energy flowing through these channels.

: 1- Channels or tracks

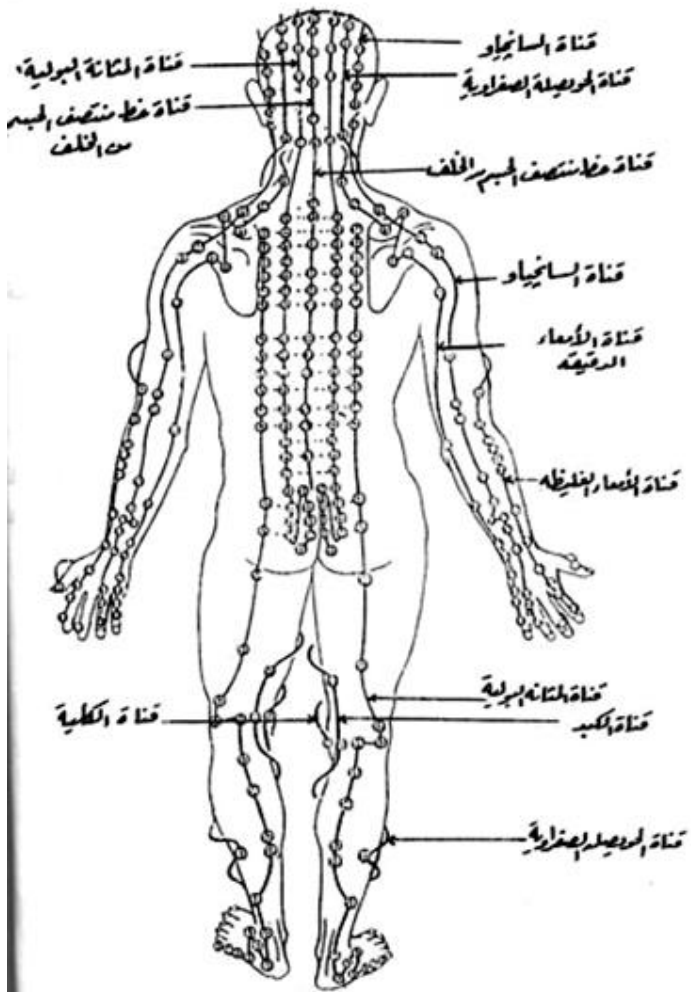
This device consists of fourteen channels .. a channel in the middle of the body from the front, a channel in the middle of the body from the back, and twelve channels on both sides .. These channels are connected to each other through sub-channels .. and they flow to the body lengthwise from the front and back. ... and transversal and perpendicular to the body from front to back .. that is, these paths form a network of longitudinal, transverse and vertical lines .. This network is an electrical circuit that connects to all parts of the body and energy flows into it consisting of electromagnetic waves .. And the disease of any organ means the delayed flow of waves To it, or its increase or decrease from the normal limit .. These paths bear the .name of the organ that they connect to inside the body

There is the path of the stomach, lung, heart, kidneys and others .. and each of these paths is precisely located on the human body: there are three pairs on each of the arms, and three pairs on each of the legs, and it begins or ends on the head, passing through its way the chest, back and abdomen ..

but The existence of these channels has not been proven until now, their anatomy or histology, even with an electron microscope, but one of the American scientists said: Why do we deny the existence of such channels..Why do we not acknowledge the inability of modern devices to prove this? Perhaps in the future we will be able to invent devices that help us understand the nature of these pathways and their .anatomical and histological nature



شكل(٢) قنوات ونقط الوخز بالإبر من الأمام



شكل(٣) قنوات ونقط الوخز بالإبر من الخلف

In the British Medical Journal of February 1973, Thomas Lewis wrote in his treatise "The Unknown Nervous System". There is a nervous system in the skin that does not question its existence now and does not belong to the pathways of the sensory nerves and does not connect to the autonomic nervous system. This system does not consist of a network of nerves but rather consists Of the lines .. Western medicine knows some of these channels, although they are not known as canals .. For example, in angina pectoris: its known acute pain affects the arm from the inside even the little finger, which completely represents the course of the heart canal in Chinese needles..but modern medicine cannot Accurately explain the paths of pain .and how it spreads in this way

There is on each of the twelve channels ... a fixed number of points ranging from nine points on the heart canal to sixty-seven points on the urinary bladder channel .. The channel is used to treat the places of the body through which the duct passes in addition to the organ to which it belongs. It treats the entire respiratory system from the nostril to the alveoli ... and because it is found on the chest and the arm, it treats chest and arm pains and their diseases..as it controls the function of the skin and hair, it is used in the treatment of their diseases..and because it is with the large intestine canal..and the stomach canal It includes the entire digestive system, from .the mouth opening to the anus

In addition, it treats diseases in the areas that it passes through, for example the stomach points treat diseases of the eyes, nose, face, neck, chest, abdomen and legs according to its path from the sore of the eye to the outer end of the second toe of the foot from the top of the body to the bottom.

: 2- Acupuncture points

It was found that the number of different main points on the channels is 365 points, and it may reach a thousand or more .. Each point has a description and an accurate anatomical location on the surface of the body .. The number of points varies according to the different institutes that practice acupuncture treatment..and some researchers have tried to reduce it to 40 points. Only on the human body they are used in the treatment of various diseases and the number of points varies on each channel, as there are eleven points on the lung canal, and forty-five points on the stomach canal .. And these points help to clear the blocked paths so that the energy flows in them easily and easily .. and the vital balance is achieved. Inside the body and get rid of its diseases .. And there are some points that treat any physiological imbalance in the body, some of them are used to reduce the temperature, or to treat rheumatic infections ... or anti-contractions ... or a diuretic or her

Hormonal effect, anti-vomiting, anti-allergic, anti-asthma, or have a sedative, analgesic or cough-treating effect, or a stimulant for uterine contractions during childbirth, or for treating diarrhea and constipation ... or to relieve heart pain or contraction of the leg's calf muscle .. And there are some points It is also used in the treatment of a specific organ of the body such as the eyes, nose, stomach and kidneys, and there are points that are used in acute cases and points that are used in the treatment of chronic diseases. From a physiological point of view, all Chinese acupuncture points have their physiological functions that regulate the functioning of the body’s cells as a whole, and the easy access of vital energy to them .. fix any defects in them, as well as regulate the work of various body systems and organs as an integrated unit .. and at the same time coordinate the work of cells, organs, and .body systems

All of them are in perfect and complete parallel..it regulate the process of formation of blood cells, the movement of blood within the vessels, and the force of the heart to drive it, and prevent clotting, or the occurrence of bleeding. As these points are used in treatment, they help in the diagnosis .. The patient's feeling of pain when pressing on a certain point .. indicates the presence of disease in the organ that connects to this point .. An example is the famous McBurney point in Western medicine, which is a point located in the lower abdomen on the right. ... and it is used in the diagnosis of appendicitis .. It is simply one of the Chinese needle points on the abdomen, which is used to diagnose diseases of the related organ.

3- The vital energy that flows through the channel network

A person is born with the energy inherited from the mother, which is consumed through his life journey..but it is constantly renewed from the energy he acquires from the air and food. Hence, food is considered a source of replenishing the body's energy that is consumed and not only as a fuel for the metabolism process .. And energy imbalance is the increase and decrease is the cause of diseases. The energy flows through the channels of the body in a closed circuit known in a specific order from channel to channel and from member to member, and it runs in constant motion without stopping and stopping it means a defect in the stopping place or a defect in the organ to which the channel is connected, and treatment in this case is to restore the flow of energy again, either. Acupuncture, or massage, whether by shiatsu, which is pressure therapy with fingers or reflexology, which is a massage of areas of the body represented on the hands and soles of the feet, or with devices dedicated to wiring channels

Or by massaging the area linearly with air cups.

The Chinese define good health as a state of energy balance inside the body and to confirm the presence of energy in the body and prove what it is, research and .experiments are conducted

In various countries of the world, especially in the Soviet Union, China, Europe and America .. and new devices and research confirm this fact .. The energy gives life to the body and activates the organs and is responsible for health and disease in the human body. The basic function of the needles is that it directly affects the energy level, and thus the function of the internal organs, to increase or decrease, and in many cases, the liver is activated if it is idle, or if it is stimulated or congested, and .thus it heals its diseases

Energy therapy is an integrated science known as chikung, and it depends on building energy and storing it inside the body in a center around the navel .. by means of special exercises and specific exercises for a period that may extend for years, and the therapist can then direct this stored energy inside the patient's body .. and restore the energy balance inside the patient's body. It achieves a cure for him, and this art of medicine is widespread now and has institutes, books, and therapists .in various parts of the world







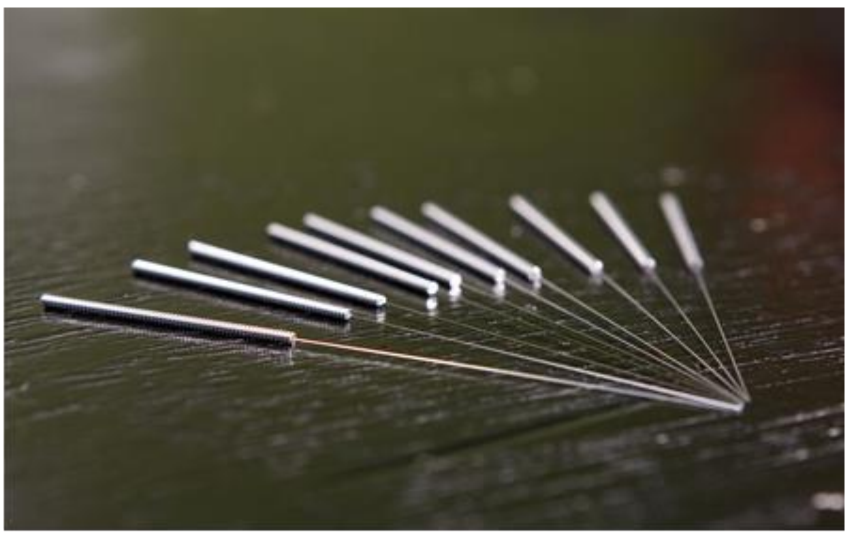












Respiratory therapy technique



The Almighty said: (And in the morning if he breathes) Sometimes a person gets sick because of his or her erratic breathing or breathing.

There is a difference between the common wrong chest breathing and the therapeutic internal breathing. Here we will learn how the transformation of the breathing cycle from the chest to the abdomen will take time, but with time you will enjoy health on the mental, physical and spiritual levels in the most wonderful and **surprising. Exercise 1:**

Charging the morning after opening the eyes while you are on the bed. Normal general abdominal breathing is 7 times, specifically 7-1-7-2, 6-3-6-3, 4-2-8, or five minutes. Ventral breathing for beginners with the eyes closed, as shown in the picture.

: **Relaxed Breathing Exercise 2**

Close the right nostril and breathe from the left for three minutes.

Exercise 3:

** Smith's Energy Charge Respirator (lying on the floor as shown in the picture)

** Steps

** Fast inhalation, exhale 10 times

** slowly Slow inhalation, exhale fast 10 times

** Breath inhalation clip Exhalation breath clip 10 times

** Inhale with holding in your breath, blowing your mouth, and exhaling slowly 10 times

** Inhale with palpation, blow the mouth for 5 seconds, and exhale fast 10 times

Benefits of these exercises:

On the nervous system:

Calms the mind, removes tension from the brain, and strengthens its ability to balance

It improves the functions of the entire body's organs, and the deeper the breathing increases, the more intense the process of effort increases, and this means that the exercise will send the activity of the nerve current in the cells to the maximum degree at a good pace that leads to raising the effectiveness of the brain with a little effort.

The effect of breathing on the circulatory system

For the blood vessels of the heart:

proper breathing strengthens the blood circulation by expanding the capillaries and strengthening the pulse.

Its effect on the digestive system During breathing

from the abdomen, with inhalation and exhalation in the contracted muscles inward, there is a massage of the organs of the abdominal cavity between the extension and the continuous exhalation, and the diaphragm moves down and then up by a rate of three

Four times what he moves in the case of normal breathing, and the exerciser enjoys a good appetite, complete absorption of nutrients and an increase in weight.

Impact on the respiratory system:

And this is done by increasing the capacity of the diaphragm three or four times what it absorbs in normal breathing. Helps prevent inflammation of the respiratory system, which causes health problems such as asthma, rhinitis, and chronic obstructive airways.

Influence on the endocrine glands:

As they are related to each other and fall under the control of the nervous system, their increased functional activity results from more hormonal secretions, and the amount of oxygen consumed by the exerciser is less than the average person, and .the exerciser also enjoys rest and relaxation

In short, breathing exercises have the ability to restore health status by pushing diseases and preventing them, thus extending life with health and wellness and strengthening the strength and immunity of the body, God Almighty willing Now, our esteemed readers, we hope to do an experiment with diaphragmatic breathing for a period of five minutes, and you will feel a slight rotation because you will enter a large amount of energy into the body that is not used to it.

NB

You can do these exercises anywhere and anytime. Do you wish to be one of those ?with long breaths

**Do you want to read the Qur'an by standing up for the correct endowments without betraying yourself? God willing, you will be able to do that if you do these two exercises daily.

Types of breathing:

Type 1: emptying breathing:

This method purifies the blood from any impurities that could cause a blockage, and it also opens the air pathways in the lung so that the lung can preserve the largest amount of air,

and you can do this following method:

**Inhale through the nose to a count of 4 and fill the lungs with air.

**Keep air inside the body until counting to 10.

**Slowly deflate the air from the mouth to a count of 5 Repeat the exercise gradually increasing the duration of air retention in the body

And you always empty it in half the period, for example: if you keep the air inside the body until the count to 12, then you must empty the air until the count to 6, and if the retention period reaches 16, then the emptying should be until the count to 8, and continuously you must gradually and slowly increase the time, And remember, there are no limits other than the ones you place on yourself.

Type II breathing to generate energy

** Inhale through the nose to a count of 4.

** Deflate your mouth to a count of 4, as if you were extinguishing a candle.

**Do this exercise 10 times.

You must practice the self-acting and energy-generating breathing exercises three times per day (in the morning, afternoon, and evening) until it becomes

Part of your daily routine, and notice the increase in your energy level, and since you are breathing anyway, do this process in a proper way and enjoy a huge amount of energy.

Slimming by breathing breathing exercises to lose weight:

Have you heard about breathing exercises to lose weight and here is the technique of slimming by breathing When it comes to losing weight and improving metabolism, we often focus on reducing the amounts of food and nutritional supplements and ignore a distinctive and effective way to lose weight, which is breathing exercises to lose weight, because breathing plays a major role in losing weight And the metabolic process. And the specialists reminded that when setting 15 minutes a day in breathing, it helps in burning body fats and helps in losing excess weight, because oxygen is when it reaches fat

It divides it into carbon dioxide, and the blood works to transport carbon dioxide to the lungs, thereby eliminating it and influencing the reduction of blood pressure and increasing the rate of burning body fat, thus working to lose weight. Add any of the following breathing exercises to your daily routine.

** Deep breathing with relaxation

**Exhale all the air from your lungs Inhale the air slowly for 6 seconds

** Exhale for 5 seconds

** If you do not feel relaxed, you can adjust your posture

**You can repeat these steps up to 5 times

**When you are feeling stressed and anxious, you can practice these steps to feel better.

Deep breathing energy:

**Exhale to get rid of all the air in your lungs Inhale

** the air slowly for 6 seconds

**Hold your breath for 8 seconds

** Repeat these steps 10 times in the morning or any time you prefer throughout the day to take advantage of them to increase energy, and you can practice this exercise whether you are sitting or standing.

**Nose breathing.

** Begin by sitting upright and straight.

**Exhale all the air from your lungs.

**Put your finger on one of the nostrils and breathe in and inhale for 6 seconds.

**Take out the air for 5 seconds.

** nostril switch.

**Repeat this process 10 times.

**.Then relax and breathe normally

Breathing to improve metabolism.

**Sit upright and grip your hands well.

** Exhale all of the air out of your lungs.

** Inhale the air slowly through the nose for 6 seconds.

** Exhalation of air again for 50 exhalations Relax and breathe normally.

** You can do this when sitting on your knees or sitting in a position that is .comfortable for you

**Breathe in another way:

** Sit down and place your knees next to each other and hold them in your hands.

** Exhale all the air from your lungs and lift the abdomen well with the exhale

** Hold this position for 10 seconds.

**Then breathe slowly and repeat.

** You can do this for 5 minutes every day.

You can easily try breathing exercises as one of the easy ways to lose weight, as they can have a great impact on your health and increase energy, as it is one of the methods that does not require any effort and time from you, in addition to that it increases the feeling of relaxation and get rid of anxiety.

Aromatherapy

is one of the most important types of alternative medicine massages that treat the body from head to toe and eliminate the aches you suffer from of whatever type.

"Dr. Amr Ali" sheds light on Aromatherapy massage, which is considered one of the ancient alternative medicine applications.

It is similar to Chinese medicine based on massage with oils that suit the condition of each member or patient.

Many ancient peoples used oils such as the Indians and Greeks, and even Cleopatra used types.

There are many oils on her body, and today there are many studies on it so that it develops more and becomes more effective.

Natural Aromatherapy Oils

And the oils approved in Aromatherapy are extracted from plants, fruits, flowers and others, and they help after being massaged on the body to get rid of pain and improve blood circulation. From here it is necessary to know everything related to the patient's health, that is, what medicines he takes, what he suffers from diseases, and what kinds of surgeries he underwent before starting his massage treatment. Massage step by step

1- Beginning with a back massage, the largest area in the body, where work is done on the lymph nodes to drain the pain in the body .. Movement is always upward, i.e. from the lower back to the top, and this is very important for those who work .continuously or drive their cars or hang around in front of TV screens

The session begins with massaging the circumference of the back chain, then upwards towards the shoulder blades to remove the innervation, and up to the top of the shoulders, which cause stiffness and calcification. Rubeiz indicated that her use of oils is according to each case, with an emphasis on not pressing too much on the kidneys during the massage process, and the massage process for the back takes about 20 minutes.

2- The second stage is massaging the feet with a mixture of sage, lavender, eucalyptus and pine oils, so that the foot is massaged, then the fingers in a circular motion to remove spasms. And each foot takes between 5 and 7 minutes. Rubies stresses that massaging the feet helps all parts of the body to improve and work on a regular basis. Once you press certain areas or on this or that finger, we can know if the body is suffering from headaches or

Shoulders or whoever repented or approaching the date of menstruation when women and stomach problems, every point in the foot is linked to one of the body parts

3- After finishing the foot massage, the massage is done towards the foot “soap” .. It is a massage that is especially beneficial for athletes because it enters the muscle arteries.

4- The next step is to massage the hands with oil, starting with the fingers, then massaging the thumb and forefinger relaxes us from the tire. Clasping the fingers of the masseur with the fingers of the patient will relax him a lot and relieve a lot of pain, then massage the entire hand upward from the bottom to the top (it takes between 3 and 4 minutes for one hand).

5- The last step is to massage the head starting from the neck in a circular way back towards the shoulder, where the neck is "pulled" up from the sides, then the head is twisted from side to side.

Then massage the face between the eyebrows, thenThe forehead, then the edges of the head in a circular motion, then the hole between the eyebrow and the eye, to rest the head with a light massage, then the area around the nose to massage the sinuses and then the palate (to relax the person suffering from pressure on his teeth at night) and from the nose up towards the head down to the end of the skull The end of the session is by massaging the shoulders and asking the masseur to rest for a few minutes before getting up from the massage bed, so that he does not become dizzy or nauseous.

Essential oils are a real and natural treasure, so we can find a treatment for skin defects and other psychological and physical treatments, and they are not only for relaxation, some of them help relieve pain, some of them help with vitality, activity and other benefits, and it is advised that pregnant women avoid them..also,
.. vegetable oils should be used with caution and always with water

1_Basil oil

When you feel exhausted or anxious, or when you feel tired after making an effort at work, basil oil It can provide you with a feeling of comfort and freshness, it helps to relax and balance the body, and you can use it to massage the body or add points to the bath water, and you can also put points of it in an oil stove to perfume the atmosphere, and this helps the rapid recovery. Basil oil also helps treat indigestion or flatulence, especially if the result of anxiety in this case can be mixed with one of the essential oils and massage the pain area lightly ..

:Aesthetic benefit

You can massage all places prone to air fluctuations on your skin with a mixture containing basil oil, as it helps to get rid of bacteria, and you can also use it exclusively to treat bee stings or small insects, and it helps to relieve nasal congestion in case of colds if used in a steam bath.

Also, it should not be overused for long periods.

2. Cedarwood oil

It is similar to his former companions in that it gives a feeling of calm and freshness and therefore it can be used when feeling stressed and frustrated by a massage or added to the bath water or room incense, and because cedar wood oil is an antiseptic, it can be mixed with sandal oil and used with bath water to treat cystitis.

:Aesthetic benefit

Cedar wood oil is one of the astringents of body tissues, so it can be used to treat acne. It can also be used to treat oily hair, skin irritation and head peeling. Just add it to a cream to massage the skin of the head and after applying it, leave it for "40" minutes, then wash your hair as usual. Soak small pieces of beech wood in cedar wood oil, then place them near the heating areas of the house, as they spread a beautiful scent all over the house

3. Chamomile flower oil

It has a slight efficacy in hypnosis as it works to treat the nervous system from anxiety and insomnia, and on the other hand it can treat the pain of indigestion and diarrhea, use it in massage or with water bath

: Aesthetic benefit

Chamomile flower oil works against infections, so it can be used to treat skin problems resulting from stress, such as dehydration and eczema, by adding it to bath water. It is soothing and therefore it is recommended to use it for children and the elderly.

4. Bergamot oil Bergamot oil

is made from the peel of the bergamot fruit, and it gives a feeling of calm and freshness and helps to relieve stress, and you can use it for massage or add it to the bath water. Bergamot oil is also an antiseptic and can be used to relieve sore throat, mouth ulcers, and treat bad breath if added to gargle water.

: Aesthetic benefit

It can help to treat acne, as it is suitable for oily skin, psoriasis, and sore lips. Add a massage cream and place it over the place to be treated. Points of it can be added to the water sprayer and sprayed to perfume all rooms of the house ..

Attention: It should not be used before exposure to sunlight.

5. Clary sage oil

It works to raise the spirits in the case of sadness and depression and can be useful in the case of muscle pain resulting from sports, if it is used for massage or with bath water, and it is recommended to use it as a perfume for those who suffer from menopause problems and it is advised not to use it for pregnant women ..

6. Eucalyptus oil

It is known for its effectiveness in revitalizing the nervous system because it is stinging and has a strong effect, so it can be used in case of fatigue or headache by adding it to bath water or as an incense by adding points to an oily vaporizer or inhaling it in a steam bath. It also helps to remove nasal congestion so it is an ideal treatment in case of colds Influenza, sinusitis, or bronchitis can be placed over light wounds and cracks above the lips resulting from changes in the weather. If the weather is cold, which irritates you with rheumatism, the site of pain can be treated by applying warm compresses of eucalyptus oil, and it should not be used for young .people

7.Geranium oil .

It is well-known as a balance oil, so it calms nerves and raises the spirits, it also provides activity and strength, and is one of the most important oils to treat menopause problems, and it helps those who suffer from rapid heart palpitations and psychological distress, especially during the night, take a bath before sleeping and add a geranium to it ..

Its aesthetic benefit:

because it is a balance oil, it can be used for dry or oily skin because it works to balance the secretions of the sebaceous glands and it also works against infections for those who suffer from intractable acne problems, whether in the face, chest or back, and it can be used in a steam bath and in warm compresses ..: If you are Whoever loves the smell of flowers, you can use it as a regular perfume.

: 8. Jasmine oil

It is the most effective and necessary oil in providing refreshment and raising the spirits. Its beautiful rose scent has a great impact on human feelings and gives you a sense of fun and self-confidence if you use it purely as a perfume.

Aesthetic benefit:

Jasmine oil helps to calm the inflamed skin, especially if the inflammation is a result of anxiety or frustration. Use it as a buffer to wipe the skin. And jasmine oil is one of the most expensive essential oils, so we must take into account when buying it that its price may be three times the price of some other oils.

9. Lavender

Lavender oil is one of the most aromatic oils for its versatility, and it is one of the few oils that can be used purely on the skin. It helps to relax and calm the soul from frustration and anxiety, removes insomnia, as well as has effectiveness in treating simple ailments that affect the urethra. Add a few drops to the bath water.

Aesthetic benefit:

Lavender is used for first aid and is applied purely on small wounds, scrapes, minor burns, and insect bites, making them heal as quickly as possible.

10. Lemon

Lemon oil is one of the many uses oils, as it is refreshing and cleansing. It can be used for massage or in bath water, warm compresses, or inhaled in steam and incense for the home. It also prevents infections and you can rub it into the chest area. .

Aesthetic benefit:

Lemon oil is a tissue astringent, so it helps balance oily skin and helps get rid of small protrusions that arise in the skin. Lemon kills ants, fleas and small insects in the house, if it is added to some water and used to spray around the house ..

Caution: It should not be used when exposed to the sun.

11. Lemongrass oil

Lemon oil is refreshing and stimulating and helps to stimulate the digestive system if it is used with a cream to massage the abdominal area, and it also works to relax the muscles in the event of contraction, if it is used for a massage after mixing it with paan and coconut oil.

Aesthetic benefit:

It is one of the astringents, as it helps tighten the pores of the skin, and for a deep cleansing of the skin, add it to a facial steam bath ..

If you suffer from the appearance of fungi on the skin, sometimes use the oil of Lernan mixed with one of the essential oils, it will eliminate it

Attention : It should not be used on sensitive skin.

12. Sandalwood oil Renowned for its potency and vitality

: Aesthetic benefit

Sandalwood oil has been used over the centuries for skin and cosmetics, and it is an astringent, and lightweight, so it can be used for oily skin and in warm compresses. Mix a few drops of sandalwood oil, rose and jasmine, and you will get one of the most beautiful scents and it is considered a traditional fragrance to help raise the spirits

13. Tea Tree Oil

Tea tree oil has high effectiveness in resisting bacteria, fungi and viruses, so it can be used in first aid. It can also be used in a steam bath to treat colds, flu and coughs. It is also effective in cystitis if it is added to the bath water.

: Aesthetic benefit

Mix drops of tea tree oil with a cup of water and use it to rinse your mouth to avoid bad breath. It can also be used exclusively to treat pimples and roughness that appear on the skin of the face: Tea tree oil is used purely to disinfect minor wounds and insect stings.

14. Thyme oil

Thyme oil is known to be a stinging and stimulant, and it is also an antiseptic and useful for treating cold crises if it is added to a steam bath or used as an incense ..

Aesthetic benefit:

Mix it with almond oil and use it to treat acne. Caution: Thyme oil can cause itching, so you should not overuse it and mix it well and avoid using it during pregnancy.

. 15. Mandarin oil

Mandarin oil is soothing and analgesic, and it is used in addition to some other essential oils in bath or massage water and helps in cases of indigestion or constipation by massaging the abdominal area.

Aesthetic benefit:

Mandarin oil helps rid the cells of toxins if used in massaging the desired place. Mandarin oil helps prevent the appearance of signs of skin tightening in the event of pregnancy if it is used for light massage over the abdominal area.

16. Orange oil

It has a refreshing smell and is versatile. It helps stimulate the digestive system. It is useful for the liver and helps rid the body of toxins. Use it with other oils and use it to massage the abdominal area.

Aesthetic benefit:

It helps refresh tired skin, and it is useful when you add a mixture to treat cellulite, add it to massage oils and wipe it over the skin.

17. Rose oil:

Useful for dry or irritated skin if you add a face massage cream. 18. Rosemary dairy oil. It makes you feel warm and stimulates blood circulation and can be used to warm the extremities of the hands and feet. It is also useful in the case of joint sprains if you rub the place of pain with it.

: Aesthetic benefit

It stimulates the blood circulation in the skin of the head and helps get rid of the peel. Just loosen it and then massage your scalp for a suitable period .. Helps to strengthen the focus Use it as an oily incense on the days of the exams .. Flower

therapy and its relationship to the mind:

• If the day and night deserve to be received and greeted with joy, life and vitality, that is why the scent, such as roses and beautiful herbs, must be taken out, then that will be success.

• The human body is able to experience and experience joy in the scent of roses and .herbs

Breathe in the vapor from the pure, pure essential oils and your sorrows will be gone.

• That the calm within the naturalness of the human being and the body leads to the concentration of the mind easily and that is "aromatherapy". Many talk about aromatherapy - the use of essential oils for healing. The essence of life that is extracted from roses, trees and herbs is called an essential oil. And this extracted essence is an existing reality. We can feel the effect of the treatment by breathing in the aromatic steam produced by the essential oils.

When we breathe in the air, the aromatic molecules are transformed and transmitted into signals through the receptive cells in the nose and these signals go to the places of the sense of smell and then to the vacuoles and above the hypothalamus in The And since it has not been scientifically proven, but it is certified that the essential oil activates the chemical nerve inside the brain. Neurochemicals such as serotonin and endorphins are the words that our mind uses to communicate with the nerve and the rest of the body's systems,

for example: the calm oil leads to the release of serotonin and the aromatic euphoric produces endorphins and the excitatory oil produces noradreniline, the emergence of pain and other physical effects also appear when the neurochemistry comes out, experiments were conducted on The effect of the essential oil on brain waves, the calm rhythm is produced when we inhale the aroused fragrant serratif oil, an alert response occurs, so we see that our minds play an important role in the safety of our existence. And sometimes it plays a dangeWe live in a time where there are many mental and emotional pressures, and these pressures result from work .pressures, economic turmoil, sorrows and problems.rous and disruptive role.brain

Relationships, and scientific studies have shown that excessive stress leads to a decrease in the functions of the immune system, as well as our mental health is also affected by that, and that the functions of the body and mind together, stress lead to physical and emotional symptoms, so a person can feel helpless and frustrated, and sometimes we are exposed to symptoms of headache, digestion and many injuries, Sleep is thinner, so the brain and body must be restored together to perform their functions.

There are ways to do that, and one of these methods is fragrance, aromatic fragrances and aromatic candles. They have an important and helpful role in the brain, mind, and feelings. So we can know through the mind how to benThe yellow rose from the ylang tree is very beautiful, the flower is an expression of love and is found in the wedding bed in Indonesia, so imagine inhaling the scent of the fragrance and feel the joy in the body as a result of its natural scent. When we inhale the scent of forests, acacia trees and yellow roses until we feel calm, especially in the mind, and can focus, this is the joy of life that brings out the scent of roses and herbs. Follow .... How beautiful I enjoy psychological comfort and treat some .sick cases in an easy way with essential oils.efit from the fragrance

Among the most important and famous oils are:

Lavender flower oil

This oil is known for its ability to cause relaxation, and researchers at the Royal Berkchi Hospital in the city of Reading, England, advised that it be used in intensive care units to help patients get rid of anxiety and tension, and it is also used to heal some wounds by placing it directly on them.

In addition, it can be used in the treatment of acne, psoriasis, burning sun and burns caused by hot water. To achieve this, lavender oil can be added to any cream, gel, or milky-based substance, then applied to the skin afterwards.

Dairy gravel oil:

For thousands of years, the ancient Greeks and Egyptians knew this oil

Extracted from dairy or rosemary gravel helps fight memory impairment. The Greeks called it ((the herb of remembrance)).

But what are the materials contained in it that made him have this important property? Scientists recently discovered that patients with amnesia known as (Alzheimer's) suffer from a deficiency in a substance known as (acetylcholine), and this substance plays a major role in the process of remembering and recognizing the mechanism of things. Then they discovered that the oil of dairy or rosemary contains About six compounds, all of which help preserve the substance ((acetylcholine)), thus preventing amnesia. As it turns out, scientists and researchers who used to inhale it to praise the research were feeling an increase in their mental focus and .their ability to absorb information

Myrrh oil

This oil has been known in our country for thousands of years for its medicinal benefits. These benefits have now been confirmed in addition to an automatic discovery of other benefits to it. It has disinfectant properties against microbes . And there are now on the market a number of preparations that contain it and are used in the treatment of acne, eczema, bruises, athlete's foot and intractable wounds. It has also been proven that it has the property of resisting swellings resulting from infections, so it is used by natural healers in the treatment of varicose veins and cracks that affect the skin of the elderly automatically, as well as sore throats caused .by the Candida bacteria and impetigo

It is also currently used in gargling liquids, mouthwashes and toothpastes, and healers with aromatic herbs believe that this oil stimulates the immune system, so cough pills (Loz-enges) or the types of syrups that contain it are useful in treating colds and colds.

Incense oil:

Frankincense incense oil is one of the most expensive essential oils in the world for its proven benefit for thousands of years in treating body tissues such as the skin as it revitalizes and regenerates it, and is widely used in expensive cosmetics. Among the other goodness benefits is that it contributes to lightening old wounds scars and .relieving skin infections when used directly on the skin after lightening

By adding it to other oils, its cleansing properties enable it to resist bacteria and fungi that infect the skin with infections. Some plastic surgeons use creams that contain it to heal their patients after their operations.

Tea oil

Tea tree oil is considered one of the most important antiseptics in nature and has the ability to eliminate the danger of a bacterium known to man, which is the ((Mrsa)) bacterium, which is a major source of infections in British hospitals, and its use has been proven to protect hospitalized people from infection by bacteria.

Eucalyptus oil

Doctors in Australia have long known that inhaling this oil helps

In the treatment of cough, cold and mucous secretions. But scientists at the University of Sydney recently proved that it is also able to eliminate the tuberculosis microbe, known for its great ability to infect, and they also expect that this oil will be at the top of the list of medicinal materials that will be used in the future to prevent this disease.

Chrysanthemum

Zahrat Al-Gharib – Arawling

A plant from the family of compounds, which is a herb with a height (50-120 cm) with a bare ribbed stem and few branches. The leaves are winged and serrated and smell like camphor when mashed, and the flowers are round in the middle with a hemispherical yellow head. It consists of volatile oil, bitter materials Parts used .flower parts

The flower emulsion is used internally to treat mild intestinal infections, expel intestinal worms, and strengthen blood (increase hemoglobin). And it is used externally to treat rheumatism and gout.

Violets

Violet Perfume –

Violet Triangle Viola Spp A perennial plant of the violet family, it grows in the wild between the hedges and herbs in the shady, moist places, calcareous soil, and is grown in gardens as an ornamental plant, and the roots are considered the effective medicinal part of the plant, where they are collected, washed and dried in the shade in a well-ventilated place or dried artificially in a temperature not exceeding 45 °, and the aerial parts of the stem, leaves and flowers are also used medicinally, fresh or dried.

There are many types of violets, but the most important types are two that are :consumed medically

Perfume violet, and violet triangle. It consists of soaps, volatile oils, flavonoids, salicylates, and alkaloids.

The solution, or boiled, is used to treat coughs, especially for children. Violet is a triangular color that repels phlegm, diuretic and general tonic, and its juice is useful for treating cystitis and prostate, and it is useful for rheumatic diseases and gout. The air parts of violet are useful in treating cancerous diseases, especially breast and lung cancer. It is recommended not to take large doses of the plant because it can cause nausea due to the saponins it contains.

Basil

Habiq - Al-Sulaimani - Rayhan Suleiman Ocimum Basilicum

An annual plant of the oral family, it has a fragrant smell and a zesty taste, and one of its varieties is cultivated small basil, known as "lettuce leaf", meaning broad-leaf Al-Basil is mentioned twice in the Holy Qur’an, once in Surah Al-Rahman verse (12), where the Almighty said: [And love that is blowing and basil, so by what signs of your Lord do you lie] and once in Surah Al-Waqi'ah in verse (89), where the Most High said: [As for if he is one of those close Frouh, Reehan, and Paradise of Naim], and it came in Sahih Muslim on the authority of the Prophet, may God’s prayers and peace be upon him: “Whoever is offered basil to him does not return it, for it is light and has a pleasant smell.” A volatile oil of 1/1000, extracted by distillation of the fresh branches, and basil contains tannin acid and camphor basil

It is native to India and the Middle East, and has been cultivated in hot regions of Africa and Asia for many centuries.

The used parts of the flowering branches are cut and dried in the shade. Anti-spasmodic, and emulsifier is used in digestive disorders, as it is an appetizing and tonic for the secretion of the stomach, and basil has a aromatic smell used to perfume the house and to perfume the smell of the mouth when its leaves are lost, and its main use in the manufacture of boiled perfumes is useful in treating pain Menstruation, and drink immediately after birth to prevent the placenta from being trapped in the womb.

It is used from the outside by adding it to the bath water, and compresses from it . are made to help heal wounds. Basil juice mixed with honey is used for coughs

Mix basil oil (5 - 10 drops) with 10 ml almond oil or sunflower oil and rub it on the chest in cases of asthma and bronchitis.

** Country fragrance Arachan

- the lemon fragrance - the camphor perfume - the seductive fragrance A perennial herbaceous plant of the Geranium family, its leaves are simple, lobed, fluffy, and aromatic, and there are other types of fragrance whose leaves differ in shape, detail, texture and smell, among them: the lemon fragrance, the camphor perfume, and the seductive fragrance. Volatile essential oils, many alcoholic compounds, including geraniol and linalool It is cultivated in large areas in the Beheira Governorate in .Egypt and the Cape region in South Africa

Parts used fresh grass after removing the stems. Fragrance oil is used in the manufacture of perfumes, aromatherapy, and cosmetics. The clove is a well-known plant of the pink family. It is a small evergreen tree that gives a large group of crimson flowers.

** Flower buds

It is used in dentistry for pain relief It is used as a general analgesic, tonic, antiseptic and anti-fermentation

** Lavender

**The lonely

A perennial dendritic plant that follows the labia platoon, its leaves are few oval, upside down, pike or gray stripe, with a fragrant aroma, the flowers are in pale blue spiky bands. Formulated with a volatile oil that contains many esters, tannins, and resins. It is native to southern Europe and is grown in Egypt Parts used leaves and flowers Lavender oil is used medicinally as a gastric repellant Its main use is in the manufacture of perfumes and cosmetics, such as powders, creams, soaps, etc.

****The lotus**

**** Sheep Grass – Sally**

Perennial herbaceous plant of the butterfly family, and it is one of the ornamental plants that are found in the wild in the countryside and the edges of pastures and agricultural fields It is composed of flavonoids, tannins, colourants, and a compound cyanhydrate. It is found in Asia, the Gulf countries, the Arabian Peninsula. Flowers are used parts. It is used externally as compresses for skin burns. It is used internally as an anti-spasmodic, analgesic and tonic, and for heart diseases.

**** Narcissus**

**** Mountain daffodil**

A perennial herbaceous plant of the narcissus family, with a modified stem for storage and known as bulbs, which are solid oval-shaped covered with scaly leaves, and the leaves are striped in shape and its flowers are pale yellow, while the fruits are small oval capsular with many small black seeds, and there are many types of narcissus Formulated with fatty oil, waxy substances, lipid oil, alkaloids Used floral parts Tonic for nerves, antispasmodic, and antipyretic - and an essential oil is extracted from it for use in perfumery.

It is forbidden to eat the onion or touch it with the bare hand The oil of the plant is what gives it its scent, which has been known throughout the ages for its curative .effect on the psychological and physical condition

And the ancient Egyptians benefited from some plants and their oils in cosmetics and treatment.

They also used them to purify the air and as a preservative to preserve the bodies - in stuffing. It was also used in China, India, Rome, and even in Europe until most of them were replaced by drugs at the end of the nineteenth century. These oils are chemically complex, as most of them contain between 50 to 500 chemical compounds. Essential oils fight bacteria and viruses, widen or narrow blood vessels, stimulate the ovaries and the thyroid gland, facilitate digestion and act as an analgesic. It treats skin conditions, including burns, wounds, and respiratory .problems such as colds, coughs, asthma, and sinus infections, as well as muscle pain

Arthritis, headache, migraine and stress related problems such as insomnia and depression. And essential oils are placed over wounds to treat infections. And aromatherapy has been approved as a form of treatment in a number of European hospitals to relieve physical pain and psychological pressure. And it can be fumigated and aromatized to prevent infection and to purify the air.

For example, lavender oil is used to treat headache, psychological pressure, insomnia, and to help with first aid for wounds, burns, and insect stings, and .eucalyptus oil is used to treat colds and coughs

There are several ways to use it, you can inhale it, as its molecules stimulate cells in the brain to have a good effect on the heartbeat, breathing, memory and psychological state, or we massage our body with it to reach through the skin to the blood, or to make baths, which is highly concentrated as we need 900 kg of the plant To produce 1 kilo of essential oil.

They are used in combination with each other and must be diluted before using .them on the body. You can buy and make sessions in contact with Dr. Amr Ali

Therapeutic frequencies

In the name of God, Glory be to God, the Creator of the heavens and the earth, My Lord and Lord of everything, the Lord of the universe, the Creator of man, and the One of the blessings. Praise be to God for the grace of honor by calling him. 10- 15 billion neurons ... and each neuron has a very large regular number of branches and tentacles ... and each branch has thousands of protrusions .... As for the number of neurons in the brain, it is approximately 13 billion cells ... The truth is that the human brain constantly emits electromagnetic frequencies, but the value of the frequencies changes according to the activity of the person and his psychological state ... in the case of

Attention, activity, work, and focus release waves called "beta" ... and in the state of relaxation and normal meditation, the brain releases "alpha" waves ... As for sleep, dreams and deep meditation, the brain works on "theta" waves .. and finally, in cases of deep sleep without dreams, it triggers Brain waves are "delta" waves, and we will deal with them in detail.

Brain oscillations:

Understanding the vibrations of the brain and its levels, the state in which the mind is, and the nature of thinking and feelings that surround us according to each of these states ... or according to each of these levels ... gives us a greater opportunity to understand ourselves more and more ... gives us a greater opportunity to understand the necessity of thinking Worship and contemplation .. What is meditation .. What happens during meditation .. and what is the place of this ???? supernatural power that we seek to reach

The human brain is an electrophysiological and chemical organ, as there is a large number of known enzymes whose secretion is associated with the nature of the brain’s work and what

He experiences feelings and emotions mentioned by these enzymes, for example the enzyme adrenaline. Also, modern EEG devices clearly showed the presence of an electric field associated with brain activity ... but rather emits an infrared ray that has a person's fingerprint ... This electric field rises and falls according to the nature of the brain’s work and its continuous activity. This rise and fall in the electric field is divided into four stages or levels. They are called brain waves, or brain waves. These levels fluctuate between the amplitude of the range and the decrease in frequency, .and they are called delta oscillations. The brain reaches this level in deep sleep

This causes a decrease in the range and an increase in the frequency, called beta oscillations. The brain reaches this level in states of intense wakefulness, which are as follows ...

1- Gamma oscillations, which are the highest level of frequency that the brain reaches. The electric field ranges to 40 Hz (a cycle per second), and the brain reaches these levels in cases of intense mental activity such as anger.

2- Beta oscillations: This level is associated with brain activity in the states of focus, analysis, and finding solutions, and it ranges between (13-30) Hz.

3- Alfa oscillations, which are vibrations whose activity is limited and concentrated .in the parietal or occipital region of the brain

4_Theta oscillations reach the brain to this level, in cases of drowsiness, and the transition from a state of wakefulness to sleep, or vice versa, that is, in the state of sleep and after awakening, and in some cases of calm and complete stillness, and it ranges between (4-7) Hz.

5- Delta oscillations, the brain reaches this level in deep sleep, and in some special cases, such as fainting, and it ranges between (0.5-3) Hz

The effect of the Qur'an on brain vibrations:

In 1839, the scientist "Henrik William Dove" discovered that the brain is affected, either positively or negatively, when exposed to certain sound frequencies. When he exposed the ear to various sound frequencies, he found that brain cells respond to these frequencies ... Then scientists found that brain cells were in a state of constant vibration throughBecause the mechanism of action of cells in processing information is the vibration and emission of electric fields, through which we can talk, move, drive and interact with others. Each cell vibrates in a specific system and is affected by the cells around it in an amazing coordination that testifies to the greatness of the Creator, the Almighty. However, the negative events that a person goes through, such as shocks, critical situations and psychological problems, leave their impact on brain cells and thus lead to a defect in the vibrational system of cells, which reduces the cells' immunity and the ease of disease attack on them. Therefore, this defect must be corrected in any way possible. Scientists have also discovered that the DNA tape inside each cell vibrates in a specific way as well, and that this tape loaded with the necessary information for life is subject to changes in any event, problem, virus .or disease that attacks the body and this tape insideout their life

Cells become less vibrating when attacked by viruses! And the best way to make this tape do its job is to reprogram this tape by affecting it with specific sound waves, and scientists confirm that it will interact with these waves and start to activate and vibrate, but there are waves that may cause harm to this genetic tape. They emphasize that each type of behavior results from a specific vibrating of cells, and that exposing a person to sound vibrations repeatedly leads to a change in the way the cells vibrate, that is, a change in the frequencies of cellular vibrations.

There are frequencies that make the brain cells vibrate dynamically, actively and positively, and increase the positive energy of the cells, and there are other !!!! frequencies that make the cells hurt and may cause them to die

So, the correct frequencies are what occupies them today, how can they find out ... what sound frequencies are appropriate for the brain

treatment:

The best cure for all diseases is the Qur’an ... I say with complete confidence and from experience, you can get a simple change in your life to get very big and unexpected results that may change your life completely .. The required procedure is to listen to the Qur’an as much as possible in the morning, noon and evening while you sleep, and when You wake up and before bed, and all your times. The sound of the Qur’an is a sound wave that has a specific frequency and a specific wavelength, and these waves spread vibrational fields that affect brain cells and achieve a rebalancing of them, which gives them great immunity in resisting diseases, including cancer ... as cancer is nothing but a defect In the work of cells, and the influence of hearing the Qur’an on these cells reprogrammed again, as if we were in front of a full computer

With viruses, then we carried out a process of "fusing" and introducing new programs, so its performance becomes high. This relates to our programs to us humans, so how about the programs carried by the words of the Creator of humankind, Almighty God?

The amazing effect of hearing the Qur’an:

The repeated hearing of the verses gives the following proven benefits:

** An increase in the body's immunity.

** An increase in creativity.

** Increased ability to focus.

**Treating chronic and incurable diseases.

**A tangible change in behavior and the ability to interact with others and gain their trust.

**Psychological calm and treatment of nervous tension.

.**Treating emotions, anger and recklessness

**The ability to make sound decisions.

**Forgetting anything related to fear, indecision, or anxiety.

**Character development and getting a stronger personality.

**A cure for many common diseases such as allergies, colds, colds and headaches.

**Improved speech ability and speed of speech.

**Prevention of malignant diseases such as cancer and others.

**Change in bad habits such as overeating and quitting smoking.

We ask God Almighty to make the Qur’an a healing for what is in our hearts and a light for us in this world and the hereafter, and let us rejoice in the mercy and grace of God. He who wrote a book for us is all healing and mercy and addressed us and said: ﴿ يا ايها الناس قد جاءتكم موعظة من ربكم وشفاء لما في الصدور من هدى ورحمة للمؤمنين) [Surah Yunus 57: 58]. And **in another scientific research ...**

Psychologists say that it is composed of three elements, namely (body - soul - spirit) and the driving factor of these three elements is the mind, and part of the meaning of the physical mind is the brain..It is composed of tissues and cells attached to each other and it is divided into a large group of functions that vibrate either negatively or Positively.

It has been scientifically proven that every human brain cell vibrates at a specific number of vibrations per second, and scientists say that when the fetus’s brain begins to create, its brain cells begin to vibrate, and after it becomes a child, these cells are affected by the events that pass on this child, negatively and positively, as the happy and pleasant events modify the cell’s vibrations to the best . Traumatic events and psychological trauma cause cells to vibrate randomly, and the cell's .vibrations are disturbed

The question is what is the treatment ?

Scientists today are trying to discover the defect in these cells, as there is a program in the cells, as all scientists assert, that is similar to their computer program. It must be with appropriate vibrations that can modify and reorganize the programming of cells in which the defect occurred as a result of shocks and the accumulation of events that a person has gone through from his childhood to the present moment ... Therefore they search for the appropriate frequencies (the frequency is the number of vibrations per second), through which they can Control and control of .dysfunctional cells and restore balance to them

Among the latest methods that scientists are trying to use today is what they call (reprogramming brain cells)

The scientific basis for oscilloscopy and cell reprogramming:

Most doctors today agree that the simplest and best treatment is to restore the balance of damaged or (tense) cells, that is, whose frequency has changed. For example, a cell must vibrate a hundred shakes per second. We find it after a specific problem or a serious event or a major psychological shock that no longer has the ability to vibrate, so it is honored. Upon death, or you find it vibrating very quickly, amounting to hundreds of tremors per second, which exhausts the brain, and the .person feels tired and weak in the body, and as a result, all his powers collapse

The program that God Almighty has placed in the brain cells is very complex and very sensitive and is responsible for everything related to human behavior, awareness, behavior, personality, life, diseases, growth, health, emotional relationships and hidden ability. Therefore, the better and more effective this program, the better the person will be, and when this program suffers a malfunction or defect, it must be .fixed, otherwise it will accelerate

The process of the breakdown of work systems in cells and the person becomes weak in his body, personality and relationships.

The new treatment method:

Ibn al-Qayyim said: The Qur’an is a complete cure for all cardiac and physical illnesses and the illnesses of this world and the Hereafter, and how the illnesses resist the words of the Lord of the Earth and Heaven who came down on the mountains and were cracked or on the ground to be cut off. So, this is for those who have a hearing that can hear it or a tongue to utter it and was not deaf and deaf.

What is the means for that?

We say that sound travels through the air when the vocal cords move, so they vibrate and transmit the vibration to the air, so the sound is transmitted in the form of vibrations until it reaches

To the listener's ear, which affects the eardrum and vibrates it. This vibration is transmitted through the auditory nerve to the brain to analyze these vibrations and understand them through the vibration of brain cells and their interaction with sound vibrations.

What are the appropriate frequencies for treatment?

Today, East and West scholars are confused about a secret, which is the number of suitable vibrations for treating broken cells, and they conduct experiments and always suggest specific vibrations with a fixed or variable frequency, but the new treatment depends on influencing brain cells with electromagnetic vibrations derived from verses from the Holy Quran Each letter of the Holy Qur’an has a specific vibration, for example, the letter Haa has a very low frequency, while the letter S has a very high frequency, because the letter Haa comes out from the deepest point at the bottom of the tongue, while the Sine comes out from the .highest point of the tip of the tongue

From Latif the Noble Qur'an and the Fatihah of the Book:

The letter Haa, which represents low vibrations, was mentioned in Al-Fatihah, which is the key to treatment with vibrations, was mentioned (5) times. As for the letter S (high vibrations), it was mentioned (3) times, so the resulting number of these two numbers (e = 5, x = 3) is 35 It is equal to 7 * 5 (7 = the number of verses of Al-Fatihah, 5 = the number of the five prayers. The only verse that was mentioned in the Qur'an Al-Hijr: 87], the number of letters of this verse]﴿ ولقد آتيناك سبعا ﴾ about Al-Fatihah is (35) Characters as drawn in the Quran.

The relationship between vibrations of letters and the repetition of these letters in the Qur'an:

Surat Al-Fatiha begins with a letter and ends with a letter, begins with a letter and ends with a letter, and each of these two letters has a specific frequency, and each has a specific repetition in al-Fatiha: the repetition of the letter Baa in al-Fatiha (4) times, and the repetition of the letter N in al-Fatihah (11) times

And the resulting number from these two numbers 4 - 11 is (114), which is the number of the Surahs of the Qur'an, as if the entire Qur'an is present in al-Fatiha from the first letter to the last letter. That is why our master Muhammad, may God's prayers and peace be upon him, said about al-Fatihah (it is the seven mathani and the great Qur'an), meaning that al-Fatihah It is the Qur'an, and this is what we see by repeating the letters. God: The most frequent name in the Qur'an and therefore it is the most effective name in healing. There is a relationship between the frequency of the Most Beautiful Names of God in the Qur'an and the frequency with which these names affect. The mechanical to the electromagnetic form, it takes a specific form, that is, it generates a specific wave, this wave is what affects the brain cells and .treats what is disrupted by them due to a defect in their work

An example to treat many diseases:

The name (God) is repeated in the Qur'an 2,699 times and this number has great wisdom. Otherwise, God Almighty would not have chosen this exact number. Therefore, when we repeat this name a number of times it is repeated in the Qur'an, that is, 2699 times, and we convert the sound vibrations into electrical vibrations, then we generate 2699 waves per wave It has a special shape, and the repetition of this wave if it is exposed to the forelock area in the brain, which is the front of the brain, will respond to these waves and transmit this effect to the rest of the brain to deal with what is disrupted.

What is the forelock and what does it do:

The forelock is a region above and the front of the brain, which is what scientists call the frontal lobe, or (FRONTAL LOOP). Doctors have found that the higher human .processes are concentrated in this area

Driving:

Scientists have noticed that any defect in the frontal cortex, which is exactly what the Qur'an called the forelock, this imbalance makes a person not control anything that loses his balance and cannot drive himself. Therefore, influencing this area with appropriate electrical and magnetic vibrations will, God willing, cure all diseases These diseases mostly result from psychological states, certain social problems, or some schizophrenic diseases, where the patient feels that he is always submissive to others and that he cannot lead himself. Many patients feel that they are unable to take any correct decision, because of the confusion of what the devil and his aides .have caused. Satan is around us and it cannot be denied

It works and affects, and its action may be by means of vibrations, but it is of an unknown type, and the evidence for that. God Almighty says: ﴿ الم تر انا ارسلنا الشيطان على الكافرين تؤزهم ازا ﴾ [Maryam: 83]. And the buzzing does not hide, I find that it came from the buzzing of the bees when the bee moves its wings at a speed of (400) vibrations per second and this buzzing that we call the devils occurs. It also affects our brain by the buzzing of the vibrations, the second evidence God Almighty says: ﴿... فلما رءاها تهتز كانها جان .. ﴾ [Al-Qasas: 31]. God has specified to us Val, through the word (vibrate) that the jinn perform certain vibrations during their work, i.e. generate vibrations. If the vibration is a vibration of a certain frequency ... Therefore, influencing this area with the correct vibrations causes its balance to be rebalanced, and major effects occur that treat the damaged cells ... due to the negative vibrations that the Devil generates.

So we are facing two types of vibrations:

1- Negative vibrations resulting from the work of demons and demons, and these cause interference in the work of these cells, which are very sensitive to any vibrations they are exposed to. ﴿ وننزل من القرءان ما هو شفاء ورحمة للمؤمنين﴾ [Surah Maryam: 83]. Positive vibrations resulting from reading the Qur'an, which God made a healing for the believers ۀ ہ ہ ﮨ ﮬ [Al-Israa: 82].

Lying and error:

Doctors discovered that the forelock area is responsible for lying in humans, as the results of the magnetic resonance imaging (FMIR) scan showed that this area is active for lying, and therefore it is responsible for the error as it is active when lying, and it is also responsible for the error as it is activated during the error.

Therefore, the Almighty said - a false false forelock, a false one - therefore if we know that Satan controls and influences every false liar, meaning that Satan easily controls the false false forelock and affects it with his negative vibrations and creates the effects he wants, so you find the person who has been touched by Satan and whoever has control over it.

He controls all his actions and this person becomes like a paralyzed person unable to do anything. Therefore, the treatment of Quranic vibrations has a strong effect on the chaos occurring in the brain cells. When the verses of the Noble Qur'an are recited, it is distinguished by its ability to treat the defect because of the Almighty's [Al-Isra: 82] ﴿ وننزل من القرءان ما هو شفاء ورحمة للمؤمنين - saying

: The scientific basis of treatment with Quranic vibrations

Scientists have found that any vibration that a person receives will have some effect on his brain, and in our time we find many studies confirming that the vibrations generated by the mobile phone, computer and so forth affect negatively on the heart and the brain, and the reason for this is that cellular vibrations are of the kind harmful to cells. God has made each cell a system that does not deviate from it. The [Surat Al-Rum: 30] And the vibrations ﴾ .. فطرت الله التي فطر الناس عليها ... ﴿:Almighty said are man-made that will lead to distorting that cell and treatment with the words of افلا يتدبرون القرءان :.... God, the Creator of the cell, is the most knowledgeable. Us fix it [Al-Nisa: 82]. ﴾ ولو كان من عند غير الله

Bioresonance treatment principle:

The principle of bioresonance is based on strengthening the sound frequency of cells and ending or weakening the pathological frequency by giving a frequency opposite to the pathological frequency

Thus returning the natural frequency of cells) and thus raising the level of healthy .energy and self-healing of the body

All germs, viruses, fungi, or toxins have a certain frequency, and if we introduce an opposite frequency to their frequencies, then we can eliminate them. DeVita-AP. All living things have their own resonant frequency * frequency *. That is, all germs, viruses, fungi, microbes, bacteria, parasites, or toxins have a specific frequency, and if we introduce an opposite frequency to their frequencies, then we can eliminate them, the device generates the frequencies that eliminate these microorganisms and they explode and die, and you can watch this that happens in the video. https://www.youtube.com/watch?v=jSYcN5A1qJE

This is the latest technology, in medicine in the 21st century this device for every

Family members effectively cleanse the body, which helps not only get rid of fungi, viruses, parasites and bacteria, but also to preserve youth and improve your strength, preserves the nature and function of internal organs and systems. In general, it improves eye health and relieves headaches and their types. It also helps to strengthen the immune system, and protects against seasonal colds. It is an allergy safe for children, an excellent tool for preventing parasitic worms, It supports muscles and also gives freshness and energy, it also helps the body to get rid of .toxins

The device must be close to the body and the screen is facing out. DeVita-AP contains 30 programs with specific frequencies to kill bacteria, viruses and fungi, and treatment programs can be changed according to the situation

Health by adding the necessary frequency to eliminate the microorganism, the source of the disease, there are more than 3500 separate USB frequencies, which can be added when needed and can be purchased with the device based on the individual's medical history and reports, or accurate diagnosis using the company's accurate diagnostic devices such as Pharma and Professional devices for the doctor to determine the problem and set the appropriate frequency Operating the device is actually very simple, with switching with the arrows up and down to scroll through the programs that appear on the small screen.

Choosing the program is like operating your mobile phone, but imagine if a mobile phone can cure a lot of different pathogens, in your hands. To obtain the programs of the DeVita-AP device, you can contact us on our numbers, and to view cases and .clinical studies, you can visit our website

http://deholding.gr/#home http://www.deta-elis-uk.com/clinical-studies/ Rania Ramadan INDEPEDENT PARTNERS DETA ELIS EGYPT Health-Wellness-Beauty devices + 201023633302 & + 201026897626 Website: http://deholding.gr/#home Email: detaeg@gmail.com

Shocking information about the strength of sound and the secret of vibrations

. 1 // Using sound vibrations to modify the DNA

In 2011 Russian physicist Pjotr Garjajiv experimented with DNA modification by using pulses of sound and light to transform a frog embryo into a salamander by transmitting vibrations of DNA information on salamanders. (It has been mentioned frequently in the research and experiments of Royal Rife and others for treatment of oscillating resonance)

2 // The vibrations of sound raise things. In 2015 a Spanish-British team was able to raise a small ball in the air and manipulate it by amplifying the vibrations of the sound and theoretically if the sound was amplified enough to make bigger objects fly in the air.

3 // the sound vibrations of boiling water. Peter Davey, inventor and player of saxophone, created a device to boil water in seconds using only sound waves, and he .called the sonic boiler, the way the device worked, astonishing the experts

4_Sound makes light. Sonoluminescence is the emission of short bursts of light // from the bursting of bubbles in a liquid when they are stimulated by sound and also generate a concentrated amount of energy with them.

5 // Sound is faster than light. In 2007, scientists concluded that sound pulses can travel faster than the speed of light, and they also explained that the speed of sound waves may become infinite.

. 6 // Sound can kill viruses

Research from 2008 has mathematically determined vibrations that can inhibit simple viruses, and this escalates from innate inherent traits in all things called ... harmonious vibrations, which are the degree of vibrations of natural things. The sound and its vibrations and frequencies carry all these secrets, and it is an ancient information that has advanced our knowledge of human history, so the principle of vibrations is one of the laws of Hermes the Wise, as the ancient Hermesians said (((That whoever understands the principle of vibration ... will have held the scepter of power) (and () in order to change your state of mind. Change your vibrations)) And as Tesla said .. (((If you want to understand the universe correctly, you must look at it through vibrations and frequencies)) and this is clear and evident to us, as the vibrations of reading the Qur'an change the vibrations of the body and work on healing and elevation if they are consciously, reverently and listening .. as well as all the sacred texts in All religions

The mantras .. and the repetition of the sacred names of God .. and even the letters or the alphabet alone also carry vibrational frequencies that correspond to what we do not know of the secrets of the universe and self-healing .. The body is considered a divine miracle. We still stand discovering beginners and amazed at the gates of its secrets and miracles .. It is better to use your voice for reading. Or dhikr or mantras because your voice carries your genetic code and every person bears a different imprint than others .. Treat your throat as a treasure of bliss treasures that God has given to you, so be grateful, grateful, and be aware of what you speak and write, as every word affects the chemistry of your body and the bodies of others, the chemistry of the earth as well and its magnetic field And our collective awareness .and remember that a person is the smallest of his heart and tongue

In recent years, the most powerful and simpler tool for healing has been remodeled .The so-called frequencies of miracles Solvigio and Rave waves

It was discovered again thanks to Dr. Leonard Horowitz and Dr. Joseph Pelio, for every living cell in the body, every organ, every tissue, every thought, and every psychological state, is in harmony with a specific vibrational frequency specific to a particular chakra when the vibrational frequency is tuned and the energy balance occurs. The chakra is specialized in more than one device in the human body, so our internal energy is in the perpetuity of strength and we will be in complete

health, and these frequencies are as follows:

1. - 174 Hz - pain relief frequency and safety call (natural anesthetic)

2. - 285 Hz - original forma frequency, energy and regeneration (activation of energy pathways and organ structures)

3.- 396 Hz - Releasing feelings of guilt and fear (the root chakra)

4. - 417 Hz - Dismantling and making changes in your organization or home (thanking the helpless)

5. Hz - Conversion, Miracles, and DNA Repair (the Solar Plexus thank you) 528 -

6. - 639 Hz - Reconnect / Relationships with Others (Thankful Heart)

7. - 741 Hz - awakening of intuition and personal charisma (throat chakra)

8. - 852 Hz - reviving spiritual capabilities, removing illusion, stimulating inspiration, and revealing the agendas of others (thanking the Third Eye)

9. - 963 Hz - the highest frequency of white light, harmony, perfection, idealism, reviving the dead, and returning to instinct the trilogy of the soul of the mind of the body. These frequencies, with a diode from 963 to 396, correspond directly to the .seven major chakras

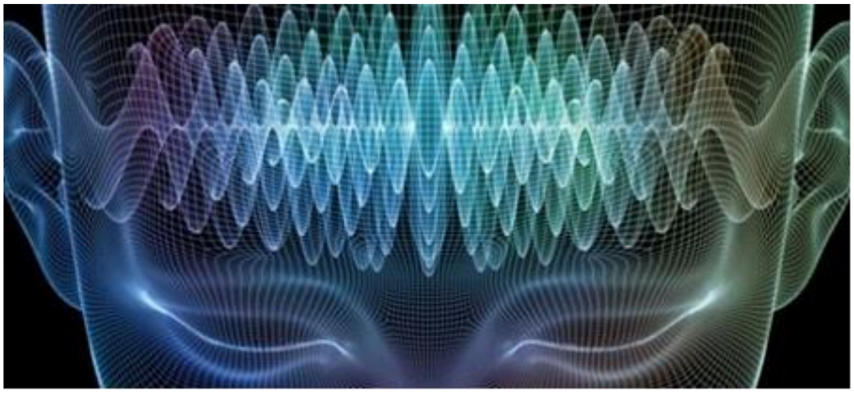
It promotes the balance required by each chakra to adjust its vital energy To maintain the perfect balance: from the secrets of the frequencies and their effect on us for the first time, from the secrets of the brain software without concealment of the entanglement of a frequency with a frequency correctly and what results from it.

For achievement / karma effect 285 Hz 111 Hz Remember 396 Hz 111 Hz Freedom 417 Hz 111 Hz Changeable 528 Hz to 111 Hz DNA repair 639 Hz 111 Hz Link and Relationships 741 Hz to 111 Hz Renaissance 852 Hz 111 Hz Spiritual height 963 Hz 111 Hz Purpose / Cleansing Karma Soul 297 Hz 111 Hz Remembering and mastery 318 Hz 111 Hz Nodal systems release 429 Hz to 111 Hz Change in consciousness 531 Hz 111 Hz DNA cure 642 Hz to 111 Hz Intercom 753 Hz to 111 Hz Cosmic Power 864 Hz 111 Hz

Internal Acceptance 975 Hz 111 Hz Communication with the fabric of the universe 261 Hz 111 Hz Remember the secrets of life 372 Hz 111 Hz Dimensional openness 483 Hz 111 Hz

Change in consciousness 594 Hz to 111 Hz Cosmic DNA 615 Hz 111 Hz Communication with others in a cosmic unit 726 Hz 111 Hz Coming with the cosmic mind 837 Hz 111 Hz Spiritual Enlightenment 948 Hz 111 Hz

CHAKRA	COLOR	MUSICAL NOTE	SOLFEGGIO
ROOT	RED	C	396 Hz
SACRAL	ORANGE	D	417 Hz
SOLAR PLEXUS	YELLOW	E	528 Hz
HEART	GREEN	F	639 Hz
THROAT	BLUE	G	741 Hz
3RD EYE	INDIGO	A	852 Hz
CROWN	VIOLET	B	963 Hz




ΟΙ ΤΕΤΡΑΓΩΝΙΚΕΣ ΣΥΧΝΟΤΗΤΕΣ ΤΟΥ DEVITA AP
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Indicative table

The challenges are summarized in:

**Misinformation about the nature and laws of life.

** Failure to accept a problem.

**The inability to find solutions.

** Closed doors that must be opened to renew life and give vent to the human self.
**Ignorance and lack of correct information are the cause of disasters and diseases.

Treatment steps:

(Psychological counseling) :-

Certainty, self-strengthening, optimism, good thinking, and forming a strong relationship with God, as if our Lord shows the faults of the people around us until we unite God and attach to Him only. No refuge and we will not be delivered from you except to You and not rely on people because people do not depend on them because they are subject to demise and end

Programs and Technologies): -

** Stay away from electronics, electricity, unhealthy food, and unhealthy atmosphere.

** Being present as much as possible with nature, sun, sea and gardens.

** Move away from contact with friends so that we can be alone with oneself to discover it.

** When I can communicate well with oneself, I can communicate with others.

**Zamzam water is a cure for every disease.

.** Occupying time studying by doing to remove shock and re-discharge energy

**pottery water.

** Therapeutic massage.

** cupping.

** Bee poison.

**Reflexology.

** Sujuk.

** psychological freedom technique.

** Technique of liberating the negative intellectual field and reprogramming knowledge and behavior.

** Drink honey 3 times.

**Today, honey is spooned on a cup of warm water.

**Meditations and breaths.

** Not staying up and sleeping after dinner so that you can wake up before dawn to pray qiyaam al-layl and qiyaam al-layl, a cure for every disease, and then sit in the morning remembrance, then perform the sacrifice prayer at sunrise.

** Fasting Mondays, Thursdays, and three lunar white days is equivalent to fasting the whole age * of every Arab month 13 14 15.

**A musical clip with a frequency of vibrations in one letter to treat challenges.

** Gemstones series to stimulate energy and prevent disease.

. ** my book, 7 techniques of bioenergetic therapy

Values of success, prosperity, happiness, the world and the hereafter: -

**Be beautiful, you see being beautiful.

**She will grow old, she will grow small, she will get smaller here she will be easy as you see her It will be based on my request My life is my reason You are the reason decided

** He who was in grace and did not thank, went out of it and did not feel

**Whoever observes the people they die

**Sleep very well, because resting the body is one of the rights.

**The Messenger of God, may God bless him and grant him peace, said: - Your body has a right over you, and your Lord has a right over you, and your soul has a right over you, and your family has a right over you, so give everyone his right.

** All diseases have a specific message and a specific reason in order to correct the path and rise. Our Lord, I will never answer a bad need (I hope that you hate something and it is good for you).

**Do not blame others, do not blame anyone, and do not see anything from anyone.

**A cup of coffee with sweet chocolate that you love.

** Life is two circles, a circle that destroys your health in order to collect money and .then you perish money so that your health will return and will not return

**Astonishingly to Ibn Adam, people are spreading themselves, so work is because of the money, and after that, you spend the money for recreation, maintain your health because it is the crown of your head and you will not be able to do anything without it and do what you love and spirit about yourself always and do not let money enslave you because it will waste your health again and will not return.

** Look at your photos when you were young and drink things you used to drink while you were young, you will bring you the energy of happiness in any time.

** Hold a pen and paper, and draw anything, even if scribbled, your feelings came out.

** Treat your illness with alms.

.**Do not think about anything that bother you

**Buy a book if you don’t like to read and read on even a page.

**If someone annoyed you, forgive him from your heart, you will relax and relax.

** Do not forget to recommend before you sleep and say the remembrance of sleep.

** If someone is upset with you or falls short, his right must be placated, because the rights of servants are only forgiven by forgiveness and beautiful forgiveness Stay calm and flexible, and maintain your inner peace.

** You will enjoy paradise, the world and the hereafter

** Call someone who hasn't been long enough to say I miss you

** Unaware you sleep while you are upset, angry, or anxious.

** So brush yourself, perform ablution, every fruit and yogurt, and sleep.

** Learn science, and make sure you possess the pottery of prophethood.

** God said, “To live, take the book with strength.”

** Do not be one of those who openly curses and obeys Satan in secret

**Leave the creation to the Creator and engage yourself

** If you want to change your distress, change your sins Knowledge is

** what is done and not what is memorized Learning science for the sake of work,

** not for self-victory and pride

**He who does not know the reward of deeds is burdened by all his works Faith works miracles

** Your mixing with people addresses your problems

** Praise unlocks potential energies

**I don't know half of the science Rather,

** a person is judged by the majority of his affairs, so do not reject anyone altogether unless he is on his evil for good by fifty then a hundred

**Yourself will not volunteer you if you forbid it and forbid it once, education means progressively reaching perfection

**Do not be those whose hearts have entered this world, for they enjoy nor do they improve the making of the hereafter

** Do not see who says, but see what

**he says Men know the truth and men

**do not know the truth Knowledge of its evidences,

** not of what it says The damage remains

**The habit is tight

** Do not build a barrier between you and good

** It is not alright to psychological distress

**Regression is easier than advancement and forbidden is easy and unpleasant

** He who knows the merit of work desires it

**And man is the only creature that has the ability to corrupt the good environment and repair the corrupt environment

**If you blame the fool and blame him for what comes, then you are an injustice that does not forbid a creation, and you come like it, shame on you.

** If anyone needs your help, help him, even if you don't know him, because it will get used to you

** Never be pessimistic, because everything is ruined and optimism for good will always get you

**Necessity is valued

**Feed the food because the best charity is to feed food, which is that all problems are solved, which do not have a solution, and you return to you an immediate happiness energy

** Watch your thoughts, your feelings will become your feelings, your actions will become your actions, your habits will become your habits - determining your destiny will become necessary to understand the jurisprudence of the first and most important priorities, the most important thing is to occupy my time with everything useful that will prevent all problems

**Suppression generates an explosion Healing comes about reforming the relationship with God.

**When the light of faith enters the heart, we see the truth of things

How does faith and the heart come so that we can taste happiness:

1- Preserving the reading of the Qur'an daily, even a page.

2- The morning and evening remembrances for immunization after afternoon and after dawn, and absolute remembrances 300 100 asking for forgiveness, 100 prayers .for the Prophet, and 100 there is no god but God

3_Five prayers on her time.

4- Good ablution with careful massage of the hands and feet under water.

5- Hearing about God and praying to Him.

All illnesses are caused by the wrong lifestyle ((cheek rule)). System equals health and randomness equals disease.

Causes of diseases: -

**Disease is a defect in the electromagnetic energy in the nucleus of the cell, which causes a dysfunction, which causes a disease or physical or moral symptom, whether .organic or psychological

**Healthy eating + healthy drink + healthy breathing = healthy, disease-free life.

** Unhealthy eating + unhealthy drink + unhealthy breathing = unhealthy life full of diseases The Almighty said: - (Eat from the good things we have provided to you, and do not overwhelm you, and my anger will fall upon you)

** Most organic diseases are caused by psychological trauma.

** Most diseases are caused by lack of hygiene.

**Most diseases are caused by a lack of water, because the body is made up of 90% water.

** Most diseases are caused by blood circulation due to immobility and activity.

**Sins are a major cause of illness.

**Al-Araaf in everything that causes diseases and disasters, and God has warned us about that in Surat Al-A'raf. The Most High said ﴿... وكلوا واشربوا ولا تسرفوا ﴾[Al-A'raf: 31].

The Messenger of God, may God’s prayers and peace be upon him, said: - ((Did you see that if a river was at the door of one of you was washed from it five times every day, is there anything left of it? They said: There is nothing left of it. He said: That is like the five daily prayers; God wipes out sins with them)).

** And when our master Ayoub fell ill, the Most High said: واذكر عبدنا ايوب اذ نادى ربه انى مسني الشيطان بنصب وعذاب ﴾ [Surah 41:42]

** The meaning of (اركض برجلك,) meaning hit the earth with your foot, when a spring of water struck it and washed from it and everything was healed and drank from it, meaning God made healing in this water.

**When the eyes of our master Jacob turned white from grief, “a psychological cause,” God Almighty said in Surat Yusuf: And the Imam Ali, may God have mercy on him, said: “Your medicine is in you, and what you feel is your disease from you, and what you see, do you think that you are a small crime and in you the greater world has fallen” And any Nuance said: - And give me what was the disease.

**Do not live in the painful past and do not get too busy with the future. Live the moment and do not grieve about what you have passed. The Most High said

Poisons are of two types, moral and physical:

The moral: sins, feelings and thoughts.

Physical: food and drugs.

(To be immunized from magic, envy and demonic touch, these remembrances are read after the morning prayer!) I seek refuge in God from the accursed Satan, in the name of God, the Most Gracious, the Most Merciful, praise be to God, Lord of the worlds, the Compassionate, the Merciful, the owner of the Day of Judgment. Pain, that book is undoubtedly a guide for the righteous, those who believe in the unseen and establish prayer. He is the Most Gracious, the Most Merciful

The heavens and the earth, the difference of night and day, and the ark that take place in the sea for the benefit of people, and what God has sent down from the sky of water, with it He revived the earth after its death, and spread in it from every animal, and the wind and cloud drainage between heaven and earth for signs of people who understand ----, God is no God but He Do not take it for a year and do not sleep for it from the heavens and what is outside the earth. Who is the one who intercedes with him except with his permission knows what is between their hands and what is behind them, and they do not surround anything of his knowledge except what he wants to expand his seat of the heavens and the earth and he does not want to preserve them, and he is the Most High. By God, he has clung to the trustworthy bond of inseparability to it, and God is Hearer, All-Knowing, God is the guardian of those who believe He leads them out of darkness into light, and those .who disbelieve their tyrant saints bring them out from light into darkness

The owners of the fire are immortal. The Messenger believed in what was revealed to him from his Lord and the believers.

Everyone believed in God, his angels, his books, and his messengers. We do not differentiate between one of his messengers and they said that we have heard and we obeyed your forgiveness, our Lord and you are the fate. Whoever is before us, our Lord, and do not bear us money, we have no power with it, forgive us, forgive us, and have mercy on us. You, our Lord, and we triumph over the unbelieving people.

God has witnessed that there is no God of God, the angels, and those who devote knowledge standing by the justness, there is no god but He is the Mighty and the Wise.

The religion with God is Islam, and those who received knowledge disagreed only .after they came to knowledge

If your pilgrims, say, I embraced my face to God and those who follow, and say to those who have entrusted the book and the illiterate, have you converted to Islam. Your Lord, God, who created the heavens and the earth in six days and then settled on the throne, covers the night and the day, urgently seeking him. And the sun, the .moon and the stars are despised by His command

Blessed be God, Lord of the worlds, pray to your Lord as supplication and covert, that He does not love the aggressors, and do not spoil the land after reforming it, and call upon Him out of fear and greed. God's mercy is close to the benefactors. God suffices, there is no god but Him. I trust Him, and He is the Lord of the Great Throne (Seven).

So did you think that we created you in vain and that you will not return to us, so come to God, the true King, there is no god but He is the Lord of the Noble Throne. There is no proof for him, but his account is with his Lord, that the unbelievers do not succeed, the jinn and the people, if you are able to penetrate from the countries of the heavens and the earth, and execute them, do not penetratIf we descend this Qur'an on a mountain, you would see it humbled and cracked from the fear of God, and these proverbs we strike at people so that they might remember. He is God who has no God but He is the realm of the unseen and the testimony He is the Most Gracious, the Most Merciful. From what they associate with them, He is God, the Creator, the Creator, the Creator, the Innocent, the Pictured, the Most Beautiful Names. Say: He is God is One, God is the Everlasting, He was not born and was not born, and He did not have a palm for anyone (three). Say I seek refuge in the Lord of the factions, from the evil of what is created, from the evil that is overwhelming when it stands, from the evil of the jets in the contract, and from the evil of the envious if he envies (three). Say: I seek refuge in the Lord of people, the king of people, the God of people, from the evil of the obsessive whisperer who whispers in the hearts of people, from heaven and people (three).

.e except with authority

I seek refuge in the full words of God from the evil of what He created (three). I seek refuge in the perfect words of God from every devil and important and from every .eye of a nation (three)

She believed in God Almighty alone, and she disbelieved in deeds and despotism, and she held on to the trustworthy handhold of her indissolubility. O God, you are my Lord, not God, but You have entrusted you, and you are the Lord of the Mighty Throne. May God be and He did not want it, and there is no desire and strength except in God Almighty, I know that God is almighty over everything, and that God has surrounded everything with knowledge. Oh God, I seek refuge in You from The evil of my soul, and from the evil of every animal you take fore, for my Lord is on a straight path (three).

In the name of God, we have been touched by God from whom nothing is refrained, by the glory of God that does not seek and does not unite, and by the invincible authority of God we veil, and by His Most Beautiful Names exempt from demons, from the evil of the demons of mankind and the jinn, and from the evil of every declared or happy, and from the evil that lies in the night and goes out in the day

He lies at night, and from the evil of what is created and heals, and from the evil of Satan and his soldiers, and from the evil of what he desires, I seek refuge in God by what Moses, Issa and Abraham sought refuge in, from the evil of what was created and the forbidding and healed, and from the evil of every animal you take for its help, My Lord is on a straight path, I seek refuge in God The Hearer, the Knower, the accursed Satan, in the name of God the Most Gracious the Most Merciful, the Saffat are a row, the female vexed women are rebuked, the following are mentioned, for your God is for one, the Lord of the heavens and the earth and between them and the Lord of the East. Each side is turned and tormented, except for those who were kidnapped and followed by a piercing shooting star.

(Three). There is no god but God alone, who has no partner to him, for him is the .king and praise is to Him

Oh God, bless Muhammad and the family of Muhammad as you prayed on Abraham and the family of Ibrahim, and bless Muhammad and the family of Muhammad as you blessed Abraham and the family of Ibrahim in the worlds You are Hamid and Majeed. Treating fear in children I seek refuge in God from the accursed Satan, in the name of God, the Most Gracious, the Most Merciful, praise be to God, Lord of the worlds, the Most Gracious, the Most Merciful, the owner of the Day of Judgment, you we worship and you do not seek help, guide us on the straight path, the path of those whom you have bestowed upon neither those who are angry nor lost (Seven). God, there is no God but He is the Living, the Resurrected. Do not take him as a year, and I will not sleep for him in the heavens and what is on the earth. Where is he who intercedes with him except with his permission knows what is between their hands and what is behind them, and they do not surround anything of his knowledge .except what He wills

**Accept and do not be afraid that you are among the safe (seven).

** Do not be afraid, I survived the wrongdoing people (Seven).

** Do not be afraid, I am not afraid of the senders (Seven).

** Do not be afraid that you are the highest (seventh).

** Do not be afraid, I am with you, I hear and see (Seven).

**Those who said: Our Lord is God, then righteousness, so there is no fear for them, nor for them to grieve (Seven)

** And they who feared on that day are safe (Sabaa).

**Those have security and are rightly guided (Seven).

** To the thousands of Quraish, who would elude them the winter and summer journey, let them worship the Lord of this house, who fed them from hunger and .made them safe from fear. (Seven)

**O God, bless our master Muhammad the medicine and healing of hearts, the well-being of the body and its healing, the light and brightness of sight, the joy and purity of souls, and on his family, companionship and peace.

(Three).

Healing Verses:

** And we revealed from the Qur'an what is healing and mercy for the believers

** Say: It is to those who believe guidance and healing

**A cure for what is in the breasts And heal

**the issuance of a people of believers

** If you fall ill, you will be cured

**There is healing for people

** Did you not see to your Lord how he extended the shadow even if He wanted to make it still?

** He has a house for the day and night

** And He Who set the night to dwell in it

** And we made the night into clothing

Thiker for the treatment of the eye and envy:

I seek refuge in God from the accursed Satan, in the name of God, the Most Gracious, the Most Merciful, praise be to God, Lord of the worlds, the Most Gracious, the Most Merciful, the owner of the Day of Judgment, on you we worship, and on you we seek help. God, there is no God but He is the Living, the Resurrected, do not take him as a Sunnah, and I will not sleep for him from the heavens and what is on the earth. Where is he who intercedes with him except with his permission knows what is between their hands and what is behind them, and they do not .surround any of his knowledge except what He wills

Lord, do not leave me alone, and you are the best of inheritors (three) Imprisonment of a prisoner, a dry stone, and a meteorite of Gabes,

the eye of the eye turned to it, and to the dearest of it (so return the sight, do you see breakfast, then return the sight two balls, and the sight will turn to you poorly and it is my eyes) (Three)

N and the pen and Mistroun, you are not, by the grace of your Lord, a madman, and that you have an unforeseen reward, and that you are on a great character (three) Say: He is God is One, God is the Everlasting, He was not born or born, and He did not have a palm for anyone (three).

Say: I seek refuge in the Lord of the factions, from the evil of what is created, from the evil that is overwhelming when it stands, from the evil of the jets in the contract, and from the evil of the envier if he envies (three).

Say I seek refuge in the Lord of people, the king of the people, the God of the people, from the evil of the insecure whispering who whispers in the hearts of people, from heaven and people (three).

In the name of God, I make you better, from everything that harms you, and from the evil of every soul and envious eye, and God will heal you (three)

I bless you with the perfect words of God, from every devil and his image, and from every eye of a nation (three)

I protect you with one from the evil of every envious (three).

O Allah, bless our master Muhammad the medicine and healing of hearts, the wellness of the body and its healing, the light and brightness of sight, the joy and purity of souls, and on his family, companionship and peace. (Three). –

Tips for a healthy and joyful life: -

- All these advices are that you can do them, do them all, and you will be healed and .healed by Allah's permission

Firstly (intent) you must have a will to heal, because if you want to heal, that feeling raises the body's resistance to the maximum degree.

Add your food, please, all healthy food, grow and eat, and live in your paradise, all your natural organisms.

Stay away from artificial food forever, even if you are not able to cultivate me during the treatment period.

﴿يا ايها الذين آمنوا كلوا من طيبات ما رزقناكم - : - The Most High said in Surat Al-Baqarah [Al-Baqarah: 172] Spend time outdoors and in natural ﴾ واشكروا الله ان كنتم اياه تعبدون green areas.

- Stay away as much as possible from electrical and electronic devices, and if you cannot close all electrical outlets if possible, put a plastic patch on them to prevent the flow of electricity, and knot all your wires in order to prevent negative energies .from coming to you

Or putting wool, cotton, or natural linen in which to cover the electronic and - electrical devices, so that they are not affected by negative charges.

Exposure to the sun is very important as much as you need. In cupping, there is a cure, as the Prophet, peace and blessings be upon him, said: Drinking honey is a cure for every disease. - You must know that no person can heal a person, but the cure is - :from God, because God Almighty says

[Al-Shuara`: 80] Do any kind of meditation, yoga, or deep ﴾واذا مرضت فهو يشفين﴿ breathing for half an hour today. Turning a blind eye, the night prayer, the sunrise session, and the sacrifice prayer are a cure for every disease.

Personal hygiene and bathing are the most important prevention and treatment .methods

Organize your food and your breathing as the Messenger, may God bless him and grant him peace, said: ((Whatever a human being filled with a bowl of evil from his belly, according to the son of Adam, he would eat his staples, and if it was inevitable, then a third for his food, a third for his drink, and a third for himself)).

Stay away from negative people and environments.

- Our master Ali bin Abi Talib, may God bless him, says: "Whoever eats twenty-one red raisins will not see anything in his body that he hates."

- The Messenger of God, may God bless him and grant him peace, said: (Whoever becomes seven ajwa dates will not get poison or magic on this day). That is, food and drink mentioned by name, the Quran and the correct Sunnah are healing. - Distribute your meals on prayer times.

In the West and non-Muslim countries, patients are now given 5 meals, so the prayer times are because the devices work efficiently at this time after the prayer. - For the Almighty says: ﴿يا بني آدم خذوا زينتكم عند كل مسجد وكلوا واشربوا ولا تسرفوا..﴾ [Al-A'raf: 31]

Imagination becomes reality if you keep thinking about it

- And the Messenger of God, may God's prayers and peace be upon him, said, "Do not get sick, get sick and die."

- And in the hadith al-Qudsi: "When my servant thinks about me, let him think of me as he wants.

- Put salt in the corners of the house or water and salt near the doorstep of the house if possible. Ignite gum on charcoal for the house to purify the place and soul of viruses and the evils of people and elves.

Putting plants around the house, if possible, and trying to get as close to the ground as possible by placing pottery as well.

Close the house and its ventilation The Messenger of God, may God's prayers and peace be upon him, said: - (Cover the vessel, fill the bottle, close the door, and switch off the lamp, because Satan does not leave it.) Praying every day in a different place in the house to distribute the energy of prayer throughout the house. For protection, write the name of God on each wall and place it with the index finger with a gesture only. Listening to the Qur'an, the house always protects you and the house from the evils of people and demons. **And finally:** The Almighty said in Surat [Surat An-Najm 23: 25] ﴾. ولقد جاءهم من ربهم الهدى ... ﴿:al-Najm

- : And don't forget to use

(Incense of sandal or frankincense on a Friday or once in a week with Surat Al-Kahf and frequent prayers on the Prophet, may God protect us and you from the evils of mankind and jinn. May God bless our master Muhammad, his family and his companions, and grant them peace).

How to wipe your sins off all the time to live and live a good life: -

Clear your sins with this hadith From the hadiths of the Messenger (may God bless him and grant him peace): "There is no one on earth who says there is no god but God and God is greater.

-There is no strength or power except with God unless his sins expiate for him even if they are like sea foam)

:_Clear your sins after any council

The Messenger of God (may God bless him and grant him peace) said: Whoever said (Glory be to God and praise be to you, I bear witness that there is no god but You, I seek your forgiveness and repent to you, forgive him for his previous sins).

- Wipe off your sins before putting on your dress (Whoever wears his garment and says, Praise be to God, who covered me this garment and provided him with no strength or power, his previous sins will be forgiven)

-Wipe off your sins after eating you (Whoever eats food then says, Praise be to God, who fed me this food and provided him with no strength or power, his previous sins will be forgiven). The Prophet - may God bless him and grant him peace - said: (The five daily prayers, Friday to Friday, and Ramadan to Ramadan expiation for what they have built if major sins are avoided)

- Wipe out your sins, Glory be to God (Whoever says Glory be to Allah and His Praise (100 times) his sins will be forgiven even if they are like sea foam)

- Wipe off your sins after each prayer

Whoever said after all his prayers, Glory be to God (33) and praise be to God (33) and God is great (33) then said afterwards: There is no god but God alone, who has no partner to whom the king and to Him is praise, and He is over all mighty things His sins are forgiven even if they are like sea foam)

_ Clear your sins before you sleep Narrated is a true hadith from the Messenger of God, may God bless him and grant him peace: (The one who has the right is a prince over the owner of the north, so if the slave does a good deed, he wrote it ten times as much, and if he did a bad thing then the one of the left wanted to write it, the one who took the oath said: He held and held for six hours, and if God sought forgiveness for it, he did not write anything on it, and if he did not ask for forgiveness, he wrote one bad deed on him) (Whoever says: When he goes to his bed, there is no God of God alone, he has no partner, he has the king, and he has praise, and he is over all things. There is no strength or power except in God Most High

The great glory be to God, praise be to God, and there is no god but God, and God is greatest whose sins are forgiven even if they were like sea foam). - Clear your sins from the ears (Whoever recites the call to prayer then says, "I bear witness that there is no god but God alone, and he has no partner, and I bear witness that Muhammad is his servant and his messenger, I have accepted God as Lord, and Islam is a religion, and Muhammad a prophet is forgiven his sin) - Clear your sins in asking forgiveness of God (Whoever says ask God for forgiveness, for whom there is no god but He is the Living and Resurrected and repent to Him (3 times), his sins will be forgiven, even if he is a fugitive from crawling) So make sure that you wipe your sins off all the time in order to live Heaven and be refreshed, and as long as you greet Dr. Amr Ali. And do not forget that there are seven basic pillars of a balanced life

1.The Spiritual Pillar. .

2. The health corner.

3. Personal corner.

4. The family corner.

5. The social pillar.

6. The professional corner.

7. Physical element. If any of them disturbed your life .. let's review

The seven pillars of a balanced life:

1. The spiritual pillar and this is the first and most important pillar of a balanced life :.My relationship with God, my belief, beliefs, values, and principles in life, i.e

**Love of God Almighty and love for God and for God ..

**Integrated tolerance: separate the person from his behavior..not because you hate his behavior, you hate it!

**Unconditional giving .. <that is, you create a life

** Optimism is perfect

And your success in your relationship with God gives you a beautiful reassurance and gives you the ability to walk in life confident in step and believing in your rights, values and duties.

2. The health corner:

Take care of your health

**Think positive

**You must have a healthy eating

**style To move a lot and not to rest

3. The personal corner: -

Get out of the routine of work..and remember that rest is an achievement

**You can enjoy the rest of your accomplishments.

**Develop your skills and human resources.

**Personal development, which is to read and listen ... and to laugh ... Yes to laugh ... as laughter helps you move 14 muscles and thus <secretion of hormones> increases your immunity <increases your health Your relationship with your colleagues and your relationship with all people

4. The family corner:

good family relations.. Successful family relations are also an achievement.

: 5. Professional pillar

Professional achievement is necessary for a balanced life and always look at your professional future in order to achieve the best level ... this is also part of the success system ... and always ask yourself whether it is possible to take courses in order to increase your employment future and, and, etc. ..

6. The social pillar:

good social ties and relationships.

7. Physical element:

Physical stability is important. But remember: money is an earthly energy, if you focus on it, it pulled you down ... (money must be in your hand, not in your heart)

: Warning

Each of us looks at his condition ... and each of us is more knowledgeable about his condition, so let each of us look at himself and see whether all these pillars are gathered in him or not ?? And if you have any deficiencies in these elements, you will be met with derbalance <tension confusion frustration. And you must have meaning in everything that you do ... because (had it not been for meaning, dreams would have been lost, and had dreams not existed, man would have been lost) Live every moment as if it were the last moment in your life, live with faith, live with hope, live ' in love, live with struggle, and appreciate the value of life

Conclusion

By God, I ask that this great book benefit us by the amount of effort that he exerted on it, and that it be sincere for his honorable face, and that he make it in the balance of my goodness, my parents, my brother, my family, my loved ones, and whoever is most sincere and who contributed to the success of this book and the rest of the Muslims, and to bless this work and to benefit people with it and to reconcile the reader For good to all good and to make it easy for me and for him good .deeds

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